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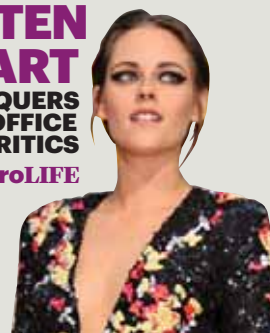


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metroNEWS

Fewer speeding tickets for school zones

TRAFFIC

**Drop partly
due to reduced
use of photo
radar: Police**



**Aaron
Chatha**
Metro | Calgary

Calgary Police say they've handed out fewer tickets this year for drivers speeding in a school or playground zone, despite the fact school zones are now active longer into the evening.

At this time last year, police had given out 37,858 tickets for speeding in a school or playground zone.

This year, only 34,100 tickets have been given out. That's almost a 10 per cent drop.

School zones used to see

reduced speeds from 7:30 a.m. to 5 p.m.

Since July of last year, both school zones and playground zones changed to end at 9 p.m.

"I think people are starting to get used to the fact the school zones run until 9 p.m. but I think there's still a huge confusion around when school's in session and when school's not," said Staff Sgt. Paul Stacey.

Stacey says the drop is due, in part, to police using less photo radar in school zones, but there has been an increase in tickets written by actual officers.

A big part of enforcement is the annual back-to-school blitz the police run in September, which is usually when they see an increase in tickets.

metr

**School zones being
phased out: PAGE 8**



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Cat maimings prompt warning to pet owners

GRAPHIC CONTENT

Incidences of animal cruelty in Killarney, Rutland Park



Lucie Edwardson
Metro | Calgary

Two Calgary families are grieving the loss of their beloved pet cats after two harrowingly similar tragedies.

Shantie Leyden said her husband found their cat Snickers hiding under their deck, unable to move her hind legs after uncharacteristically staying out for more than 24 hours.

"I was holding Snickers right against me and she couldn't move her back end," she said. "I told my husband to take us to the vet right away."

Only an hour after dropping Snickers off, Leyden got



Now that we're dealing with a second incident, this is really scary.

Shantie Leyden

the call.

"They said, 'It's pretty serious, we need you to come back right away,'" she said.

The vet informed Leyden they would have to put Snickers down. She'd suffered significant neurological damage.

"The X-rays show her tail bone severed from her spine," she said. "The vet said that there were no other lacerations on the animal so that meant human intervention, possibly pinning the cat to the ground and pulling her tail until her spine broke."

Leyden wondered who would've done such a thing, and said she struggled with ways to explain the sudden death of Snickers to her four-year-old.

Then, the weekend of Aug. 15, Leyden received a call from the vet who told her another cat had been brought in with a very similar injury.

"In both cases it didn't appear to be something another animal could've done to them," said Dr. Liz Bolton, lead veterinarian at Killarney Cat Hospital.

"They were both outside cats in close neighbourhoods, so it's very suspicious," Bolton added. Leyden lives in Killarney, while the second family is from Rutland Park.

Leyden said she is horrified. "When it's a single event, it's a horrible story but not



Shantie Leyden with a photo of her cat and X-ray of the cat's broken spine. LUCIE EDWARDSON/METRO

necessarily an issue," she said. "But now that we're dealing with a second incident, this is really scary."

Bolton said it's "heartbreaking" for the owners who "did everything they could to save

their cats," but said "there is not a lot to be done for that kind of neurologic damage."

Leyden said they have filed police reports, but aren't optimistic investigators will find those responsible.

Given the circumstances, Bolton has some advice for cat owners.

"Keep your cats inside for the time being or go outside with a leash and harness, so you are right there with them."

POLITICS

Former top cop cleared

Former Calgary police chief Rick Hanson did nothing wrong in redeploying officers just before his resignation to run for political office in a constituency where some of those officers ultimately went, according to the province's police watchdog.

After a weeks-long investigation following a CTV news story that raised questions about the ethics of the redeployment, the Alberta Serious Incident Response Team (ASIRT) cleared Hanson and other officers Thursday.

In a statement, ASIRT said "the evidence gathered overwhelmingly demonstrates that there are no grounds to believe Rick Hanson or any other member of CPS committed offences in relation to the decision to allocate these resources."

"While there may have been an appearance of a conflict, the evidence demonstrates clear and compelling justification for the decision," the statement adds.

Hanson vehemently defended the decision last month in interviews with virtually every major media outlet except CTV.

"The decision was made purely on the best interests of the police service, the community and the people of this city," Hanson told Metro in July.

"What I'm perplexed by is why the facts were misconstrued," Hanson said Thursday. Asked if that might mean legal action, he replied: "I'm reviewing my options." ROBSON FLETCHER/METRO

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CRIME

Man charged after victim in coma dies



Lucie Edwardson
Metro | Calgary

Calgary police have laid charges against a man they believe is behind a July homicide.

Staff Sgt. Ryan Chisholm said after being in a coma for more than a month, the victim, a 44-year-old man, was taken off of life support.

Chisholm said police are not releasing the cause of death, following an autopsy, but identified the victim as Mustafe Mohamud Hussein of Calgary.

Around 9:20 p.m. on July 3, a confrontation in the 100 block of 10 Avenue SW left Hussein

in serious condition.

According to Chisholm, the entire incident was caught on CCTV.

"They were together prior to the confrontation for some time voluntarily," he said. "At some point the confrontation occurred."

He said there is no indication drugs were involved, but alcohol may be a factor.

District 1 and the homicide unit have arrested Fuad Yasir Ali, 28, of Calgary, and charged him with second-degree murder.

He will next appear in court on Friday.

This is the 15th homicide in Calgary in 2015.

JACKPOT

\$50M lottery win no joke for couple

An Alberta man had joked so many times about winning the lottery that his wife didn't believe him when they finally hit the jackpot.

And what a jackpot — Raymond Scott's winning ticket from the Aug. 7 Lotto Max draw is worth \$50 million.

Scott, who lives in the hamlet of Fort Kent in east-central Alberta, says his wife just looked at him and said, "Yeah, OK,

whatever," when he told her they'd won.

He says her rather subdued reaction was no doubt because he always tells her they've won the lottery.

He purchased the ticket at a mini-mart that has sold him some lucky tickets in the past.

The couple got married last summer and are planning to finally go on a honeymoon.

THE CANADIAN PRESS

+ BACKGROUND

Vehicle collision sends woman, man to hospital

Paramedics rushed a woman to hospital Thursday with potentially life-threatening injuries following a crash near Spruce Meadows.

The two-vehicle collision happened shortly after 4 p.m. in the westbound lanes

of Spruce Meadows Trail at 24 Street SW, says EMS.

The woman suffered serious injuries and a man in the same vehicle suffered minor injuries, according to paramedics. Both were taken to Foothills Medical Centre.

The driver of the other vehicle was uninjured. METRO



The Saddledome is still an operational building, but both it and McMahon Stadium may be nearing their best-before dates in terms of efficiency and maintenance costs. ROBSON FLETCHER/METRO FILE

'Safe and functional' but less sustainable

INFRASTRUCTURE

Maintenance work keeping Saddledome, McMahon afloat



Jeremy Simes
For Metro | Calgary

The Saddledome and McMahon stadium won't crumble anytime soon, but both facilities have become less sustainable, according to Calgary Sports and Entertainment Corp. CEO Ken King and McMahon stadium manager John Haverstock.

Haverstock said McMahon

may stand for another 15 to 20 years, as long as it continues to see yearly maintenance.

In fact, he said the non-profit McMahon Stadium Society spends about \$100,000 to \$250,000 per year on regular maintenance.

"As the building ages, there are more costs," Haverstock said. "But so far, we've been able to keep our head above water."

As for the Saddledome, the stadium is "sufficiently structurally sound for our use," said Peter Hanlon, vice-president of Calgary Sports and Entertainment Corp., in an email.

"Operations and maintenance costs are significant and not a matter of public record,"

the email read.

The lease of the Saddledome, a city-owned building, was renewed last year and is good until 2033.

King said he'd like to see the Flames move out of Saddledome in five years, but he is open to staying longer if CalgaryNext doesn't pan out.

Should the Flames leave while the lease is still intact, King said the stadium could be repurposed if a viable option is presented.

"You don't replace things because they're old," King said Tuesday. "You replace things because they're not efficient and they're not functional, and they're not doing the job that they were originally designed

and intended to do."

The McMahon Stadium Society has managed and maintained the building since it was built in 1960.

"The structural integrity of McMahon is pretty sound — it's safe and functional," Haverstock said. "But what it doesn't have is all the new bells and whistles (CalgaryNext) would have."

In November 2014, Forbes magazine said the Flames were the 13th most valuable team in the NHL with an operating income of \$22.3 million. In comparison, the 15th-place Dallas Stars — who moved into the then-new American Airlines Centre in 2001 — had an operating income of \$3.2 million.

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Calgarians, like this one pictured before the 2009 Grey Cup, prepare to say goodbye to the Stampeders' current home turf. METRO FILE

Calgary stadiums full of memories

MCMAHON

Sports future is bright with CalgaryNEXT: Former player



Lucie Edwardson
Metro | Calgary

Tony Spoletini said he has many "incredible, incredible memories," of his days playing football at McMahon Stadium.

The former Dino and Stampeders spent many hours practising and playing "under the clouds" at McMahon.

With the CalgaryNEXT project on the table, Spoletini reflected on his time spent at the stadium.

"Being fortunate enough to be a Stampeders and running out there on Labour Day and seeing those amazing crowds of red and white with a smidgen of gold in the end zone," Spoletini reminisced.

He also recollects the good

times as a Dino, one such memory includes winning their way into the Vanier Cup.

"We were hosting UBC and there was about 8,000 people there," he said. "Winning that game allowed us to go to the national championship — that always sticks out in my mind."

The current co-owner of Spolumbo's Fine Foods and Deli said although McMahon is home to some amazing memories, he's excited by what CalgaryNEXT means for the city.

"I'm sad because I've got some phenomenal McMahon memories but I really believe the new project will do so much for amateur sports and the Stampeders," he said. "It is going to create even better experiences."

Brian Chittick, who is both a Stampeders and Flames season-ticket holder, echoed Spoletini's sentiments. "Hopefully you can make new memories and have new experiences that are as good, if not better."

Chittick said he has been a ticket holder for the Flames since 2004 and a Stampeders ticket

“

You only have those memories if you're experiencing something new.

Brian Chittick,
season-ticket holder

holder for "boy as long as I can remember — at least 20 years."

Although CalgaryNEXT will mean a change of scenery for many, Chittick has done it before. He said he remembers attending Flames games at the Corral where his father was a season-ticket holder.

Chittick said he's excited for the new stadium, but has a few concerns stemming from a prior move. "When the Saddledome opened, the seats my dad ended up getting weren't as good," he said.

Overall though, Chittick said his concerns are minimal.

"I'm ultimately looking quite forward to the opportunities this presents," he said.



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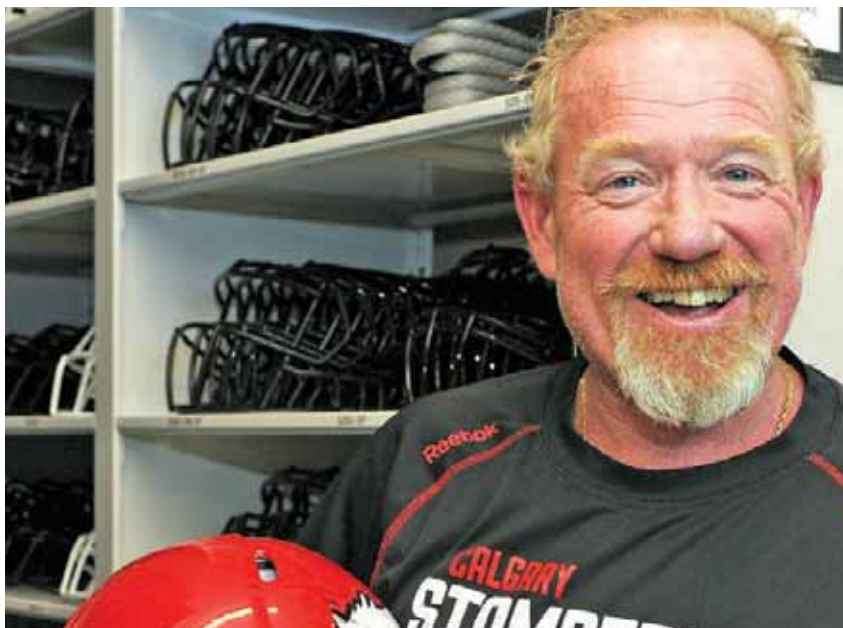
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George (Geo) Hopkins handles all aspects of team items, from the soap in the showers to way the players look on game day.

CANDICE WARD/FOR METRO

When Calgary Stampeders equipment manager George (Geo) Hopkins first started working for the team, he didn't know he would be around for 44 years, multiple Grey Cup wins, and his own name up on the Wall of Fame.

Having worked over 700 regular season games in his career, Geo talks with Metro about life behind the scenes of the Grey Cup champions and how he balances his life off the field.

SURPRISE CAREER

Becoming an equipment manager for a professional football team was not Geo's original plan.

Throughout high school, he aspired to becoming a history professor.

"This was a part-time job and I ended up getting pro-

moted on my 18th birthday," said Geo.

In the off-seasons, he changed his plan and got a degree in business to further himself within the Stampeders organization. That led him into a long-standing career.

"I'm maybe one of the five per cent of the population who gets up in the morning and enjoys going to work," said Geo.

LIFE ON THE ROAD

Road games pose a number of challenges for Geo. Not only has it been filled with logistical challenges of transporting 6,000 pounds of equipment for games, but

also finding a balance with being away from his wife Cathy, daughter Jorde, 22, and son Hunter, 19.

"It's tough. My kids up-bringing is predominately due to the good job my wife did," said Geo. "I'm a lot better now than I was 25 years ago because work was all-encompassing and I soon realized that life does not work that way — you have to take time."

When Geo does have more personal time, he likes to travel with his wife (his children are grown up), and walk his two dogs, a 14-year old black Lab named Midnight and 16-year-old Corgi

METROTALKS GEORGE (GEO) HOPKINS

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GEARING UP WITH GEORGE

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1. Favourite sport other than football to watch?

Cricket

2. What do you love to talk about but no one ever asks you about?

History

3. Your all-time favourite Stampeders (past or present):

Willie Burden

4. Favourite Calgary hang-out:

Symons Valley Ranch

5. What's your ideal vacation?

Just got back from Turkey; hard to top that one

6. If we turned on your iPod, what would be playing?

I have everything from '60s to believe it or not, I even have a little bit of rap in there. Just about the whole spectrum.

7. What movie could you watch over and over again?

The Great Escape

8. Bucket-list item you are dying to cross off?

I am scared of heights but I really want to go in a hot-air balloon

9. Early bird or night owl?

Early bird

10. Beer or wine? Neither

Geo has to pack up 6,000 pounds of gear this weekend and truck it east as the Calgary Stampeders (5-2) travel to Mosaic Stadium in Regina to battle the O-7 Saskatchewan Roughriders.

field as well.

"If we did something as a staff or in setup a week before and it worked, I'm going to do exactly the same thing again," said Geo.

"On the flip side, if it didn't

work, it's right out the window and we start again. I'm very much a creature of habit when it comes to game day stuff, even when it comes to breakfast."

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REAL ESTATE

Illegal suites in city complicating market



Helen Pike
Metro | Calgary

Buyers looking to invest in a home with a developed secondary suite may have more trouble finding them after recommendations from the Real Estate Council of Alberta are changing how agents advertise them.

Although homeowners are always in a buyer-beware mar-

ket, there have been a number of civil suits recently pertaining to the legality of homes purchased with basement suites.

"Disclose, disclose what you know," said Jeffery Kahane with Kahane Law Office. "If you're taking a chance, then it increases the risk of you getting sued and if you're sued it increases the chance of you losing."

James Knull, an Edmonton area real estate agent specializing in investment proper-

ties, said unless an agent is 100-per-cent certain the suite is legal, which many in the City of Calgary are not, advertising online that a home has a suite isn't recommended, as it puts agents at risk of lawsuits.

"There are people out there who want to buy houses with illegal suites, and are willing to take on the risks of renting out the suites," Knull said. "But most realtors aren't going to advertise an illegal suite as an

illegal suite to be extra cautious ... anybody looking for an illegal suite is going to have a much harder time finding one."

He added legal suites are going to be easily resold as they're highly sought after. But buyers want the bill of goods they've been sold.

"If you market something in such a way that would imply a person is getting what you're not getting — that's a problem," said Kahane.

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City workers are in the process of introducing "playground zone" markers in place of the original signage to alleviate driver confusion over speed limits. ROBSON FLETCHER/METRO

School zone signs to get a makeover

SAFETY

Calgary's bid for consistency expected to cost \$545,000



Robson Fletcher
Metro | Calgary

Calgary expects to finish converting all 180 of its school zones to playground zones by October, a move city officials say should reduce confusion surrounding when the 30-km/h speed limits are in effect.

The move comes after a council decision in July 2014 to standardize the effective time for both types of zones to be from 7 a.m. to 9:30 p.m. Previously, the end time for playground zones was one hour after sunset, which many councillors thought

was confusing to motorists.

Even with the standardized times, though, school zones were only in effect on school days, while playground zones are in effect daily, a difference the city's senior traffic leader Pat Grisak said was also confusing to drivers.

"With the recent advent of year-round schools, there's been some confusion as to when the zones are actually in effect and when they're not so, by changing these all to playground zones, we'll give a consistent message," he said.

And while some motorists may grumble about having to slow down on non-school days, Grisak said safety should trump minor travel delays.

"The travel time at a 30 km/h speed limit as opposed to a 50 km/h speed limit through these zones is in the order of five to 10 seconds more for the typical zone," he said. "So it's a minor inconvenience, and we're hoping that motorists will appreciate that."

The likelihood of a person surviving when hit by a car at 30 km/h is 90 per cent, according to a city report. At 50 km/h, the survival chance is just 20 per cent.

Replacing all 1,800 school-zone signs is expected to cost \$545,000, according to the city.

It's a minor inconvenience, and we're hoping that motorists will appreciate that.

Calgary's senior traffic leader Pat Grisak



Harassment led Mel to self-harm and a suicide attempt. Now she's sharing her experiences to help others.

AARON CHATHA/METRO

The brutal truth of school bullying

SELF-ESTEEM

CBE says a safe environment for all is key



Aaron Chatha
Metro | Calgary

With the start of the school year approaching, one student is speaking out against bullying, drawing from personal experiences that led to her struggle with bulimia, self-harm and attempted suicide.

When Mel attended a south-west Calgary junior high school, she had trouble talking to students and making friends.

Soon, the bullying started. Much of it focused on her weight.

"One day, one student was like, 'gosh, why are you such a behemoth,'" said Mel. "So they all started calling me behemoth because they thought it was a

funny nickname. Everyone who called me that, they said, 'Why do you have to take it so seriously? It's just a joke.'"

At one point, she was assaulted in the locker room while a number of students laughed and encouraged her assailant to hit her stomach to "beat the fat away."

Mel began to struggle with bulimia and lost an unhealthy amount of weight.

"When you have all these other people telling you what they think is true and it's coming from so many sources, you start to think, 'I am fat. I am stupid. I am a loser. I'm not good enough. Everyone hates me, so why should I like myself?'"

She recovered over the summer, but going into Grade 8, she relapsed. Eventually Mel switched schools and the bullying began to subside, but the scars remained. Mel checked herself into the hospital almost two months ago.

She was afraid that reaching out for help would only make

+ HOW TO START THE CONVERSATION

Alberta Education says the best way to prevent bullying is to:

- Tell an adult if you see others being bullied.
- Tell someone you trust if you're being bullied and keep telling people until you get help.
- Get involved in your

school's bullying prevention initiative.

- Parents can help by:
- Being a positive role model.
- Setting consequences to make bullying unacceptable.
- Listening to your children in a non-judgemental way.

the bullying worse.

Now she's sharing her story to help kids experiencing bullying know it's OK to ask for help.

"You're not alone," she said. "There are other people going through the same thing. It's OK to break down sometimes and admit that you're not OK, and you need help."

For bystanders, she said it's important to speak up and give someone hope that another person cares.

An unnamed representa-

tive from the Calgary Board of Education said the board does not comment on specific incidents, but stated: "All schools are unique, and every situation is approached individually and requires a unique solution."

"Providing a safe and supportive environment for all of our students is key to successful learning," the CBE statement continued. "Our students, staff, families and partners work together to address bullying and work to prevent it."

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HOME SECURITY

ADT honours local operator with award



Lucie Edwardson
Metro | Calgary

Reza Kashiloo said a happy night of celebration during a snowstorm last spring could have turned tragic had Karen Vastag not been there to alert him of a carbon monoxide build-up in his home.

On Thursday, Kashiloo and Vastag met for the first time. Kashiloo, who travelled from his home in Dartmouth, N.S., said he and his family are very grateful to Vastag.

"It's an honour and it's really a special moment for me and my family" he said. "It's just so amazing to meet someone that just saved your life, it's a great feeling."

Vastag, who has worked 16 years as a dispatcher for ADT Canada in Calgary, was honoured Thursday with the ADT Life Saver Award. She said after years of answering emergency calls, it's nice to finally put a face to a name.

"All the alarms that I take throughout all the years I have been working for ADT, they're just voices over the phone," she said. "But when they're an actual person whose life you saved and that person is coming here, it makes it a reality."

The incident at the Kashiloo's home occurred one night last spring during an extended winter of snowstorms in Nova Scotia.

That night winds caused snow to pile up over the air vent outside, leading to carbon monoxide levels to rise in the Kashiloo home, where he, his fiancée and other visiting family members were sleeping.

"All the alarms that I take throughout all the years I have been working for ADT, they're just voices over the phone."

Karen Vastag, dispatcher for ADT Canada in Calgary

The Kashiloo's ADT alarm system sounded, waking him up, followed by a phone call from Vastag explaining to him to evacuate his family and that emergency responders were on their way.

Kashiloo said he now understands why they call carbon monoxide the "silent killer" and said he recommends others install home security systems, "because they save lives."



Karen Vastag finally meets Reza Kashiloo, who travelled from his home in Dartmouth, N.S. LUCIE EDWARDSON/METRO

IN BRIEF

Prosecutor to head review of bail system

An Ottawa prosecutor will lead a review of Alberta's bail system following the shooting death of a Mountie earlier this year. Nancy Irving is expected to make recommendations to the Alberta government in February. Const. David Wynn was shot at an Edmonton-area casino in January. The killer, Shawn Rehn, later killed himself in a nearby home.

THE CANADIAN PRESS

Officials to see if fentanyl linked to prison overdoses

Some inmates at a maximum-security prison in Alberta have overdosed, prompting officials to test whether the prisoners ingested fentanyl. Acting deputy warden Mark Otto with Edmonton Institution says the prisoners have been taken to an outside hospital. He wouldn't say how many men fell ill, but none have died. Fentanyl overdoses have spiked in Western Canada, with about 145 deaths in Alberta so far in 2015.

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REHABILITATION

Alberta mass murderer now 'low risk'

A woman who was 12 when she helped murder her family in southeastern Alberta is no longer under any curfews.

A Medicine Hat judge has ruled the woman will no longer have to remain home after a certain hour on week nights.

Court heard how she has progressed in her rehabilitation to the point where she's at the lowest risk to reoffend.

The woman, who can't be named under the Youth Crim-

inal Justice Act, was convicted along with her then-boyfriend of killing her mother, father and eight-year-old brother in the family's Medicine Hat home in April 2006.

She is now 21 and living on her own in Calgary and has been enrolled in university.

Her 10-year sentence — the maximum for young offenders between 12 and 14 — will have been served as of May 7 of next year. It included four

years in a psychiatric institution and 4-1/2 years under conditional supervision in the community.

The young woman has been described as a "poster child" for rehabilitation at previous reviews and has been considered a low-risk to reoffend.

Court of Queen's Bench Justice Scott Brooker has slowly been removing the restrictions he imposed on her as part of her sentence under the Inten-

sive Rehabilitative Custody and Supervision program.

He lifted her curfew on weekends in 2014, but kept it in place on week nights at a review earlier this year.

That's what was lifted on Thursday.

Jeremy Steinke, who was 23 at the time of the killings, is serving a life sentence without the possibility of parole for 25 years.

THE CANADIAN PRESS



The DC Tag is aimed at people living an active lifestyle, replacing tap ATM and Credit Cards. COURTESY STUART ROGERS

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Wristbands over wallets in Calgary

ENTREPRENEURS

'Tap and go' technology is now aimed at athletes



Aaron Chatha
Metro | Calgary

A Calgary company wants joggers to leave the wallet at home and hit the trail with one of their paywave wristbands instead.

Called the DC Tag, it's a wristband that acts like a tap credit card. It launched online just this week and is aimed at individuals living an active lifestyle.

"On weekends I go to spin class," said Amanda Gallacher, vice president of corporate strategy at DirectCash Payments Inc.

"I've started wearing my DC Tag to spin class because I like to walk down the street to Starbucks afterwards to get my coffee. Now that I have this, I don't have to take my wallet and worry about someone stealing it out of the change room."

Developers say it also means joggers don't need to carry bulky fanny packs if they want to stop at the corner store for a coffee or

a bottle of water.

The wristband links to your bank account and operates like a pre-paid Visa. You can load it up once with a set amount, or set up a recurring top-up system.

Developers also say this protects against fraud, as only the money currently loaded onto the DC Tag is compromised.

Gallacher says it's also an option for parents to give their kids money.

"Say for instance you have a kid that you want to manage their spending. It's a really good way for parents to provide a functionality that's usable and not have to worry about a kids carrying a card or anything like that, to get a slurpee or go to the movies."

The company says there is also a possibility to one day create a version of the technology that works with the Fitbit or iWatch.

For more information visit www.dctag.ca.

+ LEARN MORE

To learn more about the DC Tag and DirectCash Payments, you can visit their website at www.dctag.ca.

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Mohammad Khawaja, who tried to refuse an \$800 reward from the owners of a bag full of cash left in his car. He accepted the huge tip after the family insisted he take it. JEREMY SIMES/FOR METRO

Cab driver returns lost bag with \$11K

PEOPLE

Owner of taxi company lauds 'hero' of situation



Helen Pike
Metro | Calgary

A Calgary taxi driver carrying more than just a fare is counting his lucky stars after he was able to successfully return nearly \$11,000 to its rightful owners Thursday morning.

After picking up a mother and her son from the Calgary Airport around 5 p.m. Wednesday, Mohammad Khawaja, a driver for Associated Cabs, unloaded the trunk of his car at their hotel destination, but a bag left behind in the passenger seat went unnoticed.

The night-shift driver, thinking it was Khawaja's forgotten gym bag, left it with Khawaja's

family before taking over the taxi for the night.

"Luckily that was my last trip," Khawaja said, adding if he had picked up an unscrupulous passenger, the bag might have disappeared.

Opening the bag to find some sort of ID, he confirmed it belonged to his last passenger, but was surprised to find more than \$7,000 in an envelope with a passport. There was also a wallet in the bag containing more than \$3,000.

Khawaja contacted his supervisors in the office instead of taking the bag directly to the lost and found. After all, he said, it was an important package and his "responsibility" to see it returned.

Roger Richard, owner of Associated Cabs, said it was tough to find the family because their taxi reservation was made under a different name — one that didn't match hotel reservations. Finally, in the morning, an email arrived from the owners, and Khawaja was sent to hand-deliver the

66

They were speechless.

Mohammad Khawaja

lost bag.

"The driver was really the hero of this," Richard said Thursday. "Talk about honesty."

Although he tried to refuse, Khawaja was rewarded with an enormous tip — \$800 — that the family insisted he take.

"They were speechless. They said, 'We never thought we would get this back,'" Khawaja said, adding he was just doing his job by returning the lost items, as he has done numerous times in the past.

"Things like phones or small things always happen — I've been driving the last years 13 years. Big things like that? Never," he said. "To be honest, I feel so good. I'm happy for my company, too. I did something good for the company and the City of Calgary."

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S.L.O.B Island vows music, safety

TINY BEAST COLLECTIVE

Promoters say Calgary lacks all-ages scene



Helen Pike
Metro | Calgary

A new Calgary-made music festival is trying to put the

city back on the map when it comes to all-ages events.

It's called S.L.O.B Island, and the playful weekend festival, which boasts a "safe space" policy, is an underground celebration of music and community.

"It's promoting a space or a venue or an area where anyone can go and feel safe from prejudice," said Andrew Lehman, a spokesman for the

Tiny Beast Collective.

This is one of the first big festival-type endeavours being put on by Tiny Beast Collective, who formed to help create a vibrant all-ages community for musicians and fans.

"The main focus is a younger audience; we're reaching out to young teens, but it's not excluding anyone. Anyone can show up," Lehman

said. "Calgary lacks an established all-ages scene."

He added it would be great to see both teens and parents enjoying the festivities.

There are around 15 bands performing over the weekend at the National Music Centre. Tickets are \$15 for the weekend or \$10 per day. Proceeds will go to charity and help with putting on more all-ages shows.



Liam Rene-Gonzales, left, Dalton Dodginghorse and Sam Chernish will be performing S.L.O.B fest as their band, The Recently Deceased. JEREMY SIMES/ FOR METRO

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ETCHING

Artist embraces daily grind of life

One etch at a time, Calgary's Sarah Nordean has been documenting society's daily, repetitive grind.

At Arts Commons Lightbox Studio, Nordean said her project, Keeping Track, hopes to get those passing by to stop and think about whatever comes to mind.

But within the tiny studio, she said each etched tally represents daily rhythms and, eventually, becomes something grander yet unexplainable.

"All of our lives are led in these clockwork schedules," she said. "Each mark is a record of right now."

Nordean spends about 45 minutes per etching session, and she has no idea what the final product will look like.

"When I'm performing, I look at (the project) and think what will make sense, what will make it interesting and what will make it not look like something objective?"

As a result, Nordean said people may not see the point in that, but — for her — it's an environment she thrives in.

"I love just feeling a rhythm and continually doing something, as opposed to stagnation," she said. "Never knowing what comes next is really frightening to me."

The performance piece also emits a ghostly aura, as those walking by can't entirely see Nordean working.

But she said she'd prefer it that way.

"It keeps the piece open to interpretation," she said. "Instead of it being a particular person doing this, it's just a person, so those watching me can project the art more on themselves."

Plus, she said performing in a closed space is comforting.

"We all just fall into this rhythm," she said. "Some may be disturbed or shocked by that, but I find it really comforting."

Nordean's work will be on display at the Lightbox Studio in Arts Commons until Sept. 28.

JEREMY SIMES/FOR METRO



Sarah Nordean in the Lightbox Studio.

JEREMY SIMES / FOR METRO

IN BRIEF

Brain Buster a fundraiser for multiple sclerosis

In support of its art director, Geoffrey Hanson, and to raise awareness about multiple sclerosis, music acts Cowpuncher, Napalm-porn and the Static Shift are holding a fundraiser for the MS Society in mid-September.

Hanson, who was recently diagnosed with MS, has been behind album designs for famous acts like Robert Plant, Kings of Leon

and Alabama Shakes.

MS is an autoimmune disease of the central nervous system (brain and spinal cord) that attacks myelin, the protective covering of the nerves.

MS causes symptoms like extreme fatigue, lack of co-ordination and vision and bladder problems, among others.

The event will be held at Festival Hall, 1215 10 Ave. SE on Sept. 18.

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Return to the Age of Electric

SCENE YYC

Quartet set to reunite Aug. 29 for first show since 1998

Lisa Wilton
For Metro | Calgary

When it comes to big, shiny tunes of the '90s, few were bigger and shinier than those released by Age of Electric.

Though the Saskatchewan-bred quartet didn't reach the same commercially successful heights as other Canadian acts such as Our Lady Peace, I Mother Earth or The Tragically Hip, the band overwhelmed the alternative rock charts with a string of hits, including Ugly, Remote Control and I Don't Mind.

But in 1998, Age of Electric — rounded out by singer Todd Kerns, bassist John Kerns and drummer Kurt Dahle — played one last show with Our Lady Peace at Hamilton's Cops Coliseum and went



The Saskatchewan band has added three new songs to its setlist, mixing old favourites with a taste of what may come. CONTRIBUTED

their separate ways.

"It was hard to define," said guitarist Ryan Dahle of the split.

"No one was angry at anyone. We just started to be dictated to by a label. We've always been headstrong people and when the label said, 'You

have to give us a new album,' we were like, 'We don't have to do anything.' It was, I guess, our way of telling Universal to go stick it.

"We were putting so much effort into the band and it didn't feel like it was paying off."

By that time, the Kerns brothers had formed another band, Static in Stereo, while Ryan and Kurt were starting up what would become the fairly successful group, Limblifter. As Dahle puts it, they "just never put it back together."

That is, until recently. Last month Age of Electric announced it would be playing a one-off show in Calgary on Aug. 29 at the Marquee Beer Market & Stage.

Dahle said the positive response to the news took him by surprise.

+ OPENING ACT

Joining Age of Electric at the Marquee is Calgary pop-rock band Zuckerbaby, who flirted with success in 1998 thanks to catchy singles Andromeda and Shampoo.

"It's been overwhelming," he said. "I didn't expect people being so gung-ho about it."

The Marquee gig will be the first time the band has played together live in 17 years, but Dahle says he doesn't look at it as a reunion show.

"There's a difference between reunion and continuation," he says.

"We're playing three new songs. We didn't want it to be pure nostalgia."

Dahle says there are plans to play more shows and record more songs, but it's dependent on their busy schedules.

"The big reason we're doing this is that we think there's something in the future," said Dahle.

"We're excited about the new songs in the set."

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Calgary band Napalmpom is bringing their act to the Palomino on Friday. CONTRIBUTED

Napalmpom still playing with power

SCENE YYC

Band revved up for tour after Public Animal collaboration

Lisa Wilton
For Metro | Calgary

Twin guitar solos, riotous rock rhythms and a madcap frontman — Calgary five-piece Napalmpom has all the right ingredients.

The band's debut album, *The Unconditional Love of Napalmpom*, is a celebratory ode to good times and classic rock and roll. And their impish sense of humour has resulted in two hilarious music videos that "borrow" clips from Mumford & Sons live footage and the recent viral video of a thousand Italian fans playing the Foo Fighters' *Learn to Fly*.

Metro talks to Napalmpom's charismatic singer P.J. Lavergne ahead of their Canadian tour and split single release party with Public Animal at The Palomino on Friday night:

How did the 12-inch with Public Animal come about?

It all happened pretty organically. We're big fans, and when Broken City brought them in for New Year's in 2013, we asked as nicely as possible to be added to the bill. From there, we kept

in contact, and they asked if we would like to release something together — which, obviously, we were thrilled about.

The split was a fun way to throw a cover in there from each band and include some stuff that we had to leave off our record. We chose a Jr. Gone Wild tune to cover, and theirs is a Living Proof track.

Napalmpom is quite a powerhouse live band. How hard is it to capture that energy on record?

Sometimes live, it feels like we're inches away from the train coming off the tracks, but in a good way. And in the studio, it's not that we have to really rein it in, but tinker a bit and add a few layers that we obviously can't really pull off live, like more intricate guitar-monies and vocal stuff.

This is your first band. Is this something you've always wanted to do?

It was always something I'd wanted to do but that I never thought would actually happen. Mostly because I'm a terrible guitar player and had never really considered, y'know, just singing. Which, as I say it, sounds pretty ridiculous. I joined my first rock band and played my first show at 31, so, it's been a pretty steep learning curve and an absolute blast to be doing. I absolutely recommend being in a rock 'n' roll band.

YOUR BEST BETS FOR WEEKEND ENTERTAINMENT

Friday — Jory Kinjo at the Ironwood

Jory Kinjo has been a staple of the Calgary music scene since joining soul and R&B group Mocking Shadows in 1999. He also fronts the excellent ska/reggae band J.k & the Relays and is one of the city's better soul and funk singers. Kinjo is a fun, confident performer and always puts on a great show.

Friday — Brigade Mystery Movie at the Globe Cinema

If you don't mind spending four whole dollars on something you have very few details on, this night is for you. The Brigade is hosting a screening but keeping the title secret. The theme is Eighties Summer Blockbuster, and the only clues are that it's 115 minutes long and is one of the Brigade's top 10 favourite movies. The show starts at 9:10 p.m.

Saturday — Pauly Shore at the Deerfoot Inn & Casino

American comedian Pauly Shore doesn't always get the same love and respect as other comics, but his fans are loyal and his brand of stoner humour evolved and even (gasp) matured a bit over the years. His podcast on iTunes is also worth a listen.

Sunday — GlobalFest at Elliston Park

While GlobalFest's mission is to celebrate and showcase Calgary's cultural diversity, its biggest draw is the spectacular fireworks displays that light up the sky above Elliston Park each night. But be sure not to miss the festival's great night market and cultural pavilions. Tickets can be purchased at globalfest.ca
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Lawyer: Novak knew about \$90K

DUFFY TRIAL

Witness was 'taken aback' by PM's views on residency

Ray Novak, the current chief of staff to Conservative Leader Stephen Harper, twice heard Nigel Wright say he would personally provide Sen. Mike Duffy with the money to repay questionable housing expenses, a Crown witness told an Ottawa courtroom today.

Benjamin Perrin, a former lawyer in the Prime Minister's Office, said Novak was sitting at the head of a boardroom table on March 22, 2013, as he and Wright prepared for a conference call with Janice Payne, the lawyer who was negotiating with the PMO about a plan to have Duffy reimburse the Senate for inappropriate living expenses.

Perrin, a witness for the Crown in Duffy's ongoing criminal trial, said as they discussed the possibility that Duffy might go back on his public commitment to voluntarily repay the expenses, Wright, Harper's chief of staff



Benjamin Perrin, former legal adviser to Prime Minister Stephen Harper, arrives the Ottawa courthouse to testify at the Mike Duffy trial Thursday. Perrin will be cross-examined by defence attorney Donald Bayne beginning Friday. FRED CHARTRAND/THE CANADIAN PRESS

at that time, said they would be repaid because he was paying for them himself.

"I was quite surprised by that statement from him. He had never discussed it with me or consulted with me in any way. It had never been in any contemplation that I ever heard of or speculated on. So, because it was so surprising to me, I im-

mediately looked to my right to see Mr. Novak's reaction and he didn't have any reaction to that information," Perrin told the court Thursday.

Perrin said Wright repeated that information on the conference call with Payne and that Novak, at the time Harper's principal secretary, remained in the room throughout the call.

The assertion from Perrin that Novak knew about the \$90,172 Wright provided to Duffy was previously shared with the court Tuesday, when defence attorney Donald Bayne read from an interview Perrin had given to the RCMP.

This was the first time the court heard it directly from Perrin.

The Conservative campaign has told reporters Novak did not know about the cheque, but Harper has not specifically addressed the contradictory information presented at the trial.

Earlier Thursday, Perrin said he was surprised when Harper decided a senator needed to own only \$4,000 worth of property in a province to be constitutionally

“

I would not be able to consider myself a resident of Nunavut, having never visited there, simply by buying \$4,000 worth of property.

Benjamin Perrin

qualified for one of its seats.

Perrin was testifying about an early attempt by the PMO to protect Conservative senators by more clearly defining residency in a way that would put to rest any doubts about their eligibility to sit in the Senate.

"The prime minister took the position that residence equals property," Perrin told the court.

The Constitution, Perrin pointed, mentions two criteria for a senator to represent a particular province: owning \$4,000 worth of real property, but also that a senator "shall be resident" there.

Perrin told the court he thought Harper's opinion was on shaky ground.

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Justin Trudeau meets with supporters in Victoria, B.C. after his speech Thursday at Esquimalt-Saanich-Sooke candidate David Merner's campaign office.

CHAD HIPOLITO/THE CANADIAN PRESS

ELSEWHERE YESTERDAY ...

• Prime Minister Stephen Harper campaigned in King Township, Ont., where he promised to expand the 15 per cent non-refundable adoption expense tax credit and make it fully refundable. He said a re-elected Conservative government would increase the credit to

\$20,000 from \$15,000.

• NDP Leader Tom Mulcair was in Vancouver, where he touted his plan for \$15-a-day child care in a region where costs for daycare space are among the highest in the country. Mulcair said his plan will ease the burden on women, who often have to

choose between a career and their children, and that his plan would provide more than 110,000 affordable child-care spaces in B.C.

• Green Party Leader Elizabeth May held meetings in her riding of Saanich-Gulf Islands, B.C.

THE CANADIAN PRESS

Liberals vow \$190M care benefits hike

FAMILIES

Leader says expansion will have no impact on EI payments

Justin Trudeau directed his bid for the votes of middle-class families Thursday at Canadians needing to care for a sick loved one, promising that a Liberal government would ensure they have better access to financial support.

As prime minister, Trudeau said, he would commit \$190 million to expand the compassionate care benefit — a pledge he said would have no impact on the amount Canadians pay in employment insurance premiums.



It's simply the right thing to do.

Justin Trudeau



WHERE THE LEADERS ARE TODAY

Stephen Harper: Itinerary unavailable.

Justin Trudeau, Tom Mulcair and Elizabeth May have no public events scheduled.

THE CANADIAN PRESS

"Too often folks are forced to leave their jobs and drain their personal savings to provide essential care," said Trudeau, speaking on the campaign trail in Esquimalt, B.C., on southern Vancouver Island. "That's not right."

Under the broadened Liberal program, Trudeau said benefits could be claimed by someone caring for an ailing family member over and above what they're able to provide in off-work hours, as well as by parents tending to a gravely ill child.

"It's an investment in our middle class but, more to the point, it's simply the right thing to do," Trudeau said. "Caring for each other is an

essential part of what makes us Canadian."

Government documents disclosed under Freedom of Information laws reveal that different stakeholder groups — including the Canadian Cancer Society and the ALS Society — lobbied the Conservatives for changes similar to those being promised by the Liberals, including broadening eligibility requirements beyond only those in need of end-of-life care.

In its response section, the document said claimants could be eligible for a second period of compassionate care benefits if a loved one's illness subsided before returning later.

THE CANADIAN PRESS

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VEHICULAR MANSLAUGHTER

Caitlyn Jenner charged

Sheriff's investigators plan to recommend prosecutors file a vehicular manslaughter charge against Caitlyn Jenner for her role in a fatal car crash on the Pacific Coast Highway in Malibu last February, officials said Thursday.

Investigators found that Jenner was driving "unsafe for the prevailing road conditions" because her SUV rear-ended a Lexus, pushing it into oncoming traffic, Los Angeles County Sheriff's Department spokeswoman Nicole Nishida said.

Jenner was hauling an off-road vehicle on a trailer behind her Cadillac Escalade on Feb. 7 when she steered to avoid cars slowing for a traffic light in front of her on Pacific Coast Highway.

Jenner's SUV rear-ended two cars, pushing a Lexus into oncoming traffic.

The Lexus driver, 69-year-old Kim Howe, was killed when her car was struck head-on by a Hummer.

The case will be presented to prosecutors for final review next week, Nishida said. The district attorney's office will determine what charges Jenner ultimately faces.

If convicted of such a charge, Jenner could face up to one year in county jail.

THE ASSOCIATED PRESS

2015 to be hottest on record

GLOBAL WARMING

Climate change 'accelerating,' U.S. weather officials

Earth just keeps getting hotter. July was the planet's warmest month on record, smashing old marks, U.S. weather officials said.

And it's almost a dead certain lock that this year will beat last year as the warmest year on record, they said.

July's average temperature was 16.6 Celsius, beating the previous global mark set in 1998 and 2010 by about one-tenth of a degree, according to figures released Thursday by the National Oceanic and Atmospheric Administration. That's a large margin for weather records, with previous monthly heat records broken by a 20th of a degree or less.

"It just reaffirms what we al-



I worry the public will grow weary of reports of new records each month.

University of Georgia climate scientist Marshall Shepherd



A youngster cools down in Bucharest, Romania, in July, when a heat wave affected large areas of the country with temperatures higher than 37 C. VADIM GHIRDA/THE ASSOCIATED PRESS FILE PHOTO

ready know: that the Earth is warming," said NOAA climate scientist Jake Crouch. "The warming is accelerating and we're really seeing it this year."

NOAA records go back to 1880. Separate calculations by NASA and the Japanese weather

agency also found July 2015 to be a record.

The first seven months of 2015 were the hottest January-to-July span on record, according to NOAA. The seven-month average temperature of 14.7 C is 0.72 degrees warmer than

the 20th-century average and a twelfth of a degree warmer than the old record set in 2010.

Given that the temperatures have already been so high already — especially the oceans, which are slow to cool — NOAA climate scientist Jessica Blunden

1880

The first year of NOAA weather records. In Austria, where 2015 is so far the hottest year ever, weather records go back as far as 1767.

THE ASSOCIATED PRESS

said she is "99 per cent certain" that 2015 will be the hottest on record for the globe. The oceans would have to cool dramatically to prevent it, and they are trending warmer, not cooler, she said.

Crouch, Blunden and other scientists outside of the government said these temperatures are caused by a combination of man-made climate change and a strong, near-record El Niño. An El Niño is a warming of the equatorial Pacific Ocean that alters weather worldwide for about a year.

The oceans drove the globe to record levels. Not only were the world's oceans the warmest they've been in July, but they were 0.64 degrees warmer than the 20th-century average.

Nine of the 10 hottest months on record have happened since 2005, according to NOAA. Twenty-two of the 25 hottest months on record have occurred after the year 2000. The other three were in 1998 and 1997.

THE ASSOCIATED PRESS

CRIME

Pistorius's release awaits review board decision

A review board has up to four months to decide whether and when Oscar Pistorius will be released from prison into house arrest, a spokesman for South Africa's justice ministry said on Thursday.

Two days before he was due to leave prison, Pistor-

ius's early release was put on hold Wednesday by South Africa's justice department, which sent his case back to a parole review board. The athlete's release was approved eight months into his five-year prison sentence, when he should have served 10

months before even being considered for release, said justice department spokesman Mthunzi Mhaga.

Pistorius, the double-amputee Olympic runner, was convicted last year of manslaughter for killing his girlfriend, Reeva Steenkamp, in 2013.

News of the postponed release came to the Steenkamp family as they held a beachside commemoration for Reeva Steenkamp on Wednesday, what would have been her 32nd birthday, said Jacqui Mofokeng, a member of the women's

group who petitioned the justice minister to delay Pistorius' release.

"The mood changed," said Mofokeng. "They sent a number of messages to individuals to say, 'Thank you very much. This is a better birthday than last year.'" THE ASSOCIATED PRESS



Oscar Pistorius THEMBA HADEBE/THE ASSOCIATED PRESS FILE

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The coffin of purported mafia leader Vittorio Casamonica is driven past the Don Bosco church. MASSIMO PERCOSSI/ANSA VIA THE ASSOCIATED PRESS

Outrage in Rome over mob funeral

ORGANIZED CRIME

Mayor calls lavish mafia ceremony 'intolerable'

Romans aghast at a spiraling mafia probe found new reason for outrage Thursday over the Hollywood-style funeral of a purported crime boss: It was replete with a gilded, horse-drawn carriage, flower petals tossed from a helicopter and the theme music from The Godfather playing outside the church.

Hundreds of tearful mourners paid their final respects to Vittorio Casamonica, 65, at the San Giovanni Bosco church on Rome's outskirts. Officials identified him as one of the bosses of the Casamonica clan active in the southwest part of

the capital.

"You conquered Rome, now you'll conquer paradise," read a banner affixed to the entrance of the church. "King of Rome," read another, featuring Casamonica's image and the Colosseum and St. Peter's Basilica.

Mayor Ignazio Marino called Rome's prefect demanding to know how such a scene could have taken place and tweeted that it was "intolerable that funerals are used by the living to send mafia messages."

The parish priest, the Rev. Giancarlo Manieri, said he had no control over what happened outside the church and that inside, the funeral was celebrated normally, the ANSA news agency reported.

Lawmakers expressed outrage at the scene, which played out on TV newscasts all afternoon and evening: Six black horses pulling an antique, black-and-gold carriage to a

stop in front of the church as a band played the soulful tunes of The Godfather, and mourners tossing bouquets of flowers as the casket was carried into the church. At a certain point, a low-flying helicopter dropped red rose petals on the crowd below.

The funeral came just a day after a judge set Nov. 5 as the start date for the trial of some 59 people charged in a spiraling mafia investigation in the capital, in which local criminal bosses allegedly managed to cement ties with city politicians over lucrative public contracts.

Rosy Bindi, president of the parliamentary anti-mafia commission, said it was "alarming" that a funeral for someone caught up in so many mob probes — including the so-called "Mafia Capitale" investigation — could be "transformed into an ostentatious show of mafia power." THE ASSOCIATED PRESS

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YEMEN

Assassination bid kills four in Aden

A bomb attack in the governor's office in Yemen's southern port city of Aden on Thursday killed four people, security officials said. The governor and other officials present at the time were not hurt in the apparent assassination attempt.

Ten people were wounded in the blast in Gov. Nayef al-Bakry's office, police said. Al-Bakry, who oversees the Aden governorate, was holding a meeting with military and security officials at the time.

No one claimed responsibility for the attack and authorities were investigating, said the officials, who spoke on condition of anonymity because they were not authorized

+ BACKGROUND

Yemen's fighting, which escalated in March, pits Houthis and troops loyal to former President Ali Abdullah Saleh against those loyal to President Abed Rabbo Mansour Hadi.

to talk to reporters.

Pro-government fighters took Aden in July, after driving out rebels known as Houthis who had seized it in the spring. The recapture of Aden was carried out with support from a Saudi-led coalition.

THE ASSOCIATED PRESS

IN BRIEF

Israel denies wedding request by Hamas leader

Israeli authorities have denied a request by a top Hamas leader to allow his three sisters in Israel to visit the Gaza Strip for his son's wedding. The Israeli defence body COGAT said

Ismail Haniyeh's request was denied because of "Israeli humanitarian cases" in Gaza. It's apparently a reference to two Israeli citizens who are being held in Gaza, as well as the remains of Israeli soldiers Hamas is said to have. THE ASSOCIATED PRESS

Palestinian detainee ends hunger strike

ISRAEL

Crisis over controversial force-feeding law averted

A Palestinian held without charge by Israel ended his unprecedented 66-day hunger strike Thursday, his lawyer said, after the Supreme Court ordered him released from detention.

The decision by Mohammed Allan to halt his fast appeared to avert a crisis over two controversial Israeli actions that threatened to unleash Palestinian violence as his health deteriorated. Allan's case tested a new Israeli law allowing fasting inmates to be force-fed, a measure that many doctors say amounts to torture. It also cast light on Israel's use of administrative detention — the holding of suspects in special cases for

long periods without charge.

Allan, 31, ended his strike Thursday, according to his lawyer, Jamil Khatib, who added that his client was still in serious but stable condition in Barzilai hospital in the southern Israeli city of Ashkelon. He said it could take several weeks to determine how much Allan's health was damaged by the prolonged fast.

Allan, who lost consciousness Aug. 14, was showing "great improvement," said Dr. Hezy Levy. He had regained consciousness Monday, and he was said to have suffered some brain damage as a result of the fast. "We took him off the respirator. He's no longer sedated," Levy said. "He is starting to communicate and I am happy that medically he is on the right path."

Levy said he hoped that Allan would soon start eating again on his own. Allan's body cannot yet process food.

THE ASSOCIATED PRESS



Mazoza Allan, mother of Mohammed Allan, reacts to news that Israel's Supreme Court had suspended the detention order for her son. THE ASSOCIATED PRESS



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David Sweat is led into Clinton County Court to enter two not-guilty pleas. ROB FOUNTAIN/PRESS-REPUBLICAN VIA THE ASSOCIATED PRESS.

Jailbreaker is charged

FEDERAL PRISON

Convicted killer faces two counts of first-degree escape

A convicted killer serving life behind bars when he staged a daring escape from a maximum-security prison was arraigned Thursday on new criminal charges in his first court appearance since his capture after more than three weeks on the run.

David Sweat, shackled and with his right arm in a sling, was brought to court from the special housing unit at Five Points Correctional Facility, where he's been kept in a solitary cell for 23 hours a day.

A judge entered not-guilty pleas for Sweat on two felony counts of first-degree escape and a felony count of promoting prison contraband for possessing hacksaw blades.

Sweat escaped June 6 from Clinton Correctional Facility with fellow inmate Richard Matt, also a convicted killer. Matt was shot dead June 26, and Sweat was shot and captured two days later, ending a 23-day manhunt.

During the brief court appearance, Sweat gave one-word answers to the judge's questions and said nothing as he was taken back out to a waiting corrections department van.

Sweat's court-appointed at-

torney, Joe Mucia, said Sweat was calm and in a good mood. He declined to share what Sweat said or comment on their legal approach.

Each of the charges carries a sentence of up to seven years in prison.

Sweat, 35, is serving life without parole for the killing of a sheriff's deputy.

Matt, 49, was doing 25 years to life for the kidnapping and hacksaw dismemberment of his former boss.

The prisoners used power tools to saw through steel cell walls and several steel steam pipes, bashed a hole through a brick wall, squirmed through pipes and emerged from a manhole outside the prison to find that their expected getaway driver didn't show up.

Authorities said the escapees had planned to drive to Mexico but ended up walking toward Canada when prison worker Joyce Mitchell backed out of giving them a ride at the last minute.

Matt and Sweat apparently spent more than two weeks together roaming the thick northern New York woods before splitting up.

Authorities believe they travelled mostly at night and managed to procure food, a gun and other supplies from hunting camps and seasonal cabins.

Sweat was captured about 50 kilometres northwest of the prison.

THE ASSOCIATED PRESS

RACIAL PROTESTS

Police chief defends killing of black teen

The St. Louis police chief on Thursday unapologetically defended the fatal shooting of a black 18-year-old who was killed by two white officers in a confrontation that drew protesters and unrest back to the streets.

Protesters pledged to stand firm. Said the director of a group called the Organization for Black Struggle: "We will not go away."

Mansur Ball-Bey, who police

said had a handgun, was shot as officers raided a home in a violence-plagued part of north St. Louis. Within an hour of Wednesday's shooting, more than 100 people converged on the scene, taunting officers and decrying the use of deadly force.

A vacant building and at least one car were torched, police said. Officers responded with tear gas and arrested at least nine people on charges

of impeding traffic and resisting arrest.

Dotson said that crowd-control tactics were justified because officers were being hit with bottles and bricks and protesters refused to clear out of the roadway.

The scene unfolded less than two weeks after violence marred the anniversary of the day Michael Brown was fatally wounded by a white officer in nearby Ferguson.

Brown's death launched the national Black Lives Matter movement.

The latest shooting happened while officers were serving a search warrant. They encountered Ball-Bey and another suspect running from the home, police said.

Ball-Bey turned and pointed a handgun at the officers, who shot him, authorities said.

He died at the scene.

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Business **metro** NEWS

PRESENTATION

Foods take on new rainbow of colours

Mozzarella cheese at Panera restaurants won't be as glaringly white. Banana peppers in Subway sandwiches won't be the same exact shade of yellow. Trix cereal will have two fewer colours.

Food makers are purging their products of artificial dyes as people increasingly eschew anything in their food they don't feel is natural.

But replicating the vivid colours Americans expect with ingredients like beets and carrots isn't always easy. In fact, General Mills couldn't find good alternatives for the blue and green pieces in Trix, so the company is getting rid of

those colours when the cereal is reformulated later this year. The red pieces — which will be coloured with radishes and strawberries — will also look different.

Colours made from fruits, vegetables and spices, present more challenges than artificial dyes. In addition to costing more, colours from fruits and vegetables can be sensitive to heat and acidity. And since they're used in higher doses to achieve boldness, tweaks to other parts of recipes may be needed. Such adjustments can be tricky for companies that manufacture on massive scales.

THE ASSOCIATED PRESS

Greek PM quits after bailout deal rebellion

POLITICS

Sept. 20 is likeliest date for elections, officials say

Greek Prime Minister Alexis Tsipras resigned Thursday and called early elections, an attempt to get a new, stronger mandate to implement a three-year bailout program that sparked a rebellion within his radical left party.

In a televised address to the nation, Tsipras said his government got the best deal possible for the country when it agreed to an 86 billion euro (\$95 billion US) bailout from other eurozone countries.

The rescue was all that kept Greece from a disastrous exit from the euro but came with strict terms to cut spending and raise taxes — the very measures Tsipras had pledged to fight when he won elections in January.

His U-turn in accepting the demands by the country's creditors led to outrage among hardliners in his Syriza party, with dozens voting against him during the bailout's ratification in parliament last week. It was approved thanks to support from opposition parties.

Tsipras has insisted that although he disagrees with the conditions of the bailout terms, he had no choice but to accept and implement them to keep Greece in the euro, which the vast majority of Greeks want. With the country's finances now secured, Tsipras said he felt obliged to let the Greek people evaluate his work.

Tsipras had delayed a decision on whether to call new



Alexis Tsipras, flanked by his aides, leaves the presidential palace in Athens after presenting his resignation on Thursday. LOUISA GOULIAMAKI/AFP/GETTY IMAGES

elections until after Greece received the first installment from the bailout and made a debt repayment to the European Central Bank, both of which it did Thursday.

"Now that this difficult cycle has ended ... I feel the deep moral and political obligation to set before your judgment everything I have done, both right and wrong, the achievements and the omissions," he said in the address. "The popular mandate I received on Jan. 25 has exhausted its limits."

Tsipras formally submitted his resignation to the country's president, Prokopis Pavlopoulos, to begin the election process. This will involve letting the two main opposition parties — the conservative New Democracy and the Nazi-inspired Golden Dawn — try to form a government.



The popular mandate I received on Jan. 25 has exhausted its limits.

Alexis Tsipras, Prime Minister of Greece

Each party can spend up to three days trying to do so. Neither party, however, is expected to have the support in parliament.

Tsipras did not mention a date for the election, although it will have to be held within the next month, with government officials saying Sept. 20 is the likeliest date.

Some analysts took the reports of early elections as an indication that Greece will

struggle to implement the terms of its bailout.

"Given its anti-austerity roots, the remaining Syriza party will still struggle to implement the demanding bailout conditions, especially in the likely event that Greece sinks further into recession," said Jennifer McKeown, senior European economist at Capital Economics. "And major reforms seem unlikely to be passed in the period running up to the election."

However, initial reaction from European authorities appeared cautiously optimistic. Martin Selmayr, head of the cabinet of European Commission President Jean-Claude Juncker, tweeted that quick elections "can be a way to broaden support for (the bailout) stability support program."

THE ASSOCIATED PRESS

IN BRIEF

Shomi eyes wider base

Shomi, the streaming video platform from Rogers Communications and Shaw Communications, is now available to all Canadians through their Internet provider, regardless of which TV service they use. Previously, Shomi was available only to Rogers and Shaw cable TV and Internet customers. New members get a one-month free trial. After that, it will cost \$8.99 a month — the same price as Netflix.

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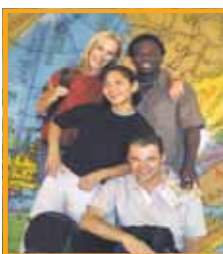


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THE KOHLER REPORT: ON INFANT INTERLOPERS



I don't think anyone enjoys excluding babies, but I do think a lot of people enjoy certain activities more when babies are excluded.

I woke up this morning wondering how I could alienate myself from all my friends who have children. And then it hit me: Write a column about how I don't want them to bring their children places. So here I am.

Earlier this week a Winnipeg mother attempted to bring her two-month-old son to an outdoor theatre to see the play *Sister Act* and was turned away due to the theatre's "no babes in arms" policy. The mum then went to the media crying foul. I say all is fair in love, war and Whoopi Goldberg-inspired theatre.

I don't think anyone

enjoys excluding babies, but I do think a lot of people enjoy certain activities more when babies have been excluded. Plays, for instance. The dramatic arts are best enjoyed in an environment devoid of distractions, noise and "eau de poo," and the problem with babies is that all of those things are kind of their shtick. A baby is like a soft little boom box with no volume control that intermittently plays high-pitched noises. Frankly, *Sister Act* has enough of those on its own.

I was doing stand-up in a suburb north of Toronto a few months ago when some-

one showed up with their six-week-old daughter. I now know that a great way to ruin a good abortion joke is to have a tiny heckler punctuate it with several goos and ga-gas.

I'm pretty easygoing about babies in most situations. I like babies. But what about that whole "There's a time and a place" thing? What if I showed up to a Gymboree Play & Learn and started doing shots in the corner? How would that go down?

It's pretty hard to talk about this without feeling like a very bad person. Nobody wants to resent a baby, except maybe their older

sibling. And I admit that I don't have kids so I don't know what it's like to really, really, really want to see *Sister Act* in an outdoor theatre in Winnipeg and not be allowed to. I can only imagine the sorrow.

I'm not saying your baby isn't important (I believe that children are our future), but why should your and your baby's happiness override that of others?

Maybe one day I will have a baby and I'll reread this column and dislike myself greatly. Maybe I'll try to go somewhere with my baby and be turned away. Maybe I'll be angry and go to the news station or maybe I'll say to myself, "Relax, Rebecca. There's lots of other stuff you can do with your baby. You can go to Chippen dales another time."

Rebecca Kohler is a stand-up comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler.

The Ashley Madison leak: Violation or case of karma? Visit metronews.ca to answer our poll.

ROSEMARY WESTWOOD

metroview

A book that makes you change the way you think, forever

Ta-Nehisi Coates tweets a lot lately about video games.

He tweets opaquely about video games. Example: "Pool of Radiance series is the best of the 80s old school joints. Those who disagree are base enemies of humanity."

Some of his followers openly wonder if his Twitter feed has been hacked. It has not.

The expectation is that the man who wrote *Between the World and Me* — which will be dubbed the most important book of the year/decade and can be found in the hands of Barack Obama and the pop singer JoJo — must tweet with the same gravitas with which he writes books: Burdened and proud, poetic and purposeful. And possibly only about race.

But it would be a mistake to think that if you read his book (everyone is reading his book) you will know him. That is never true.

The payoff is different, and better. You will understand, in as much intimacy as is possible, what life is like for a black man, if you are not one. That is no small thing.

You will also find in a slim white book a heavy and disorienting theory of race, how it is inexplicably tied to the American (or capitalist) dream, and how small we all are in the face of that myth.

Destructive, too, because it's one of those books that

doesn't let you go back to the way you used to think. It destroys your previous understanding of race and explains why, to quote Coates, there is no post-racial America and there will never be, unless the concept of "America" itself is destroyed.

No, it's not light summer reading. Yes, you should get a copy.

Probably, the book is most important for black Americans, and maybe black Canadians, and other so-called non-whites.

But I am a so-called white woman, and it is also an important book for me. Coates charges that in order to stop the oppression of black people, white people have to stop thinking they're white. We have to recognize that "whiteness" and racial hierarchies at large were created so that some people could exploit others, and that there is actually no biological basis for race (a basic fact, and part of why Rachel Dolezal was so fascinating).

I spend my days flitting about from article to article, one thin idea to the next. I often feel parched for depth, but can hardly seem to finish a book these days. I often think it's my fault.

But I read Coates' book in a weekend.

It's engrossing, beautiful and painful. Not very long, anything but thin.

Happy face / Sad face

From **sexy soirees** to **invading insects**, Metro weighs in on the news making headlines this week



An accessible orgy

In some ways it was like any other sex party in Toronto: booze flowing, burlesque dancers dancing and a performance artist painting in the nude. But this sold-out show offered something different: hydraulic lifts and harnesses to help people get in and out of wheelchairs, and free entry to personal support workers. As far as the organizers know, Deliciously Disabled was the city's first sex party specifically for people with disabilities, and it provided both X-rated fun for those involved and a reminder to everyone that disability and sexuality aren't mutually exclusive. SOURCE: VICE



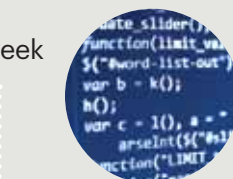
Saudi suffrage celebration

In a seriously belated suffragette-style victory, the first Saudi Arabian women have registered to vote in local elections. They'll also be able to stand for office for the first time in December. Local feminists are now leading a drive to register women to vote, and the newly named King Salman is gaining international praise for approving the measure, despite the late date. Amidst all the cheering, some Saudis see suffrage as a "Western intrusion" — and women are still not allowed to drive themselves to the polls. SOURCE: AL JAZEERA



Woes in the woods

One of Canada's most beautiful trees — the emerald-green eastern hemlock — is "in intensive care," says a paper in the journal *Science*. Its enemy: a pinhead-sized Japanese insect, the hemlock woolly adelgid. It has infested more than half the hemlock's territory and kills almost every tree it attacks. Insecticides are expensive and labour intensive. Scientists may release a predator to eat the adelgid or breed hemlocks resistant to it. It's unclear if either can be done before the forest is emptied of an icon. SOURCE: SCIENCE



Decoding discrimination

Smart software can do a reasonable imitation of a human worker, even evaluating job applications and making loan decisions — but it turns out it's copying our flaws as well. Algorithms meant to eliminate discrimination may be replicating it instead, according to a new paper presented at an Australian data-mining conference. Researchers wrote a code that predicted applicants' race and gender based on the data used by a résumé-scanning program, which was apparently picking up on things like street names and applicant names, leading to unfair generalizations. SOURCE: GIZMODO

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"I have secretly over the last several years been viewing pornography on the Internet and this became a secret addiction and I became unfaithful to my wife."
 - Josh Duggar, whose name was in leaked Ashley Madison database

Sinister 2 shtick far too slick

SCARY MOVIES

Glossy production makes horror hard to believe

IN FOCUS

Richard Crouse



When was the last time you were freaked out by a Hollywood movie?

I can admit that *It Follows* and *Unfriended* raised a few goosebumps and I recall a Saturday matinee screening of *Paranormal Activity* that was the first and only time I have ever heard anyone actually scream in a theatre. I don't mean a quiet whimper followed by an embarrassed laugh or a frightened little squeal. I mean a full-on, open-throated howl of terror.

But these days it seems to me those moments are becoming fewer and further between. Zombies have gone mainstream, vampires now sparkle in the sun and werewolves have hipster hairdos.

I find the news more upsetting than most mainstream monster movies.

A recent re-watch of *In Cold Blood* gave me a jolt unlike any recent traditional gore fest.

It's not a horror film in the conventional sense, but because it's a true story of a senseless murder, it sent shivers down my spine.

A new film this weekend, the haunted home-movie tale *Sinister 2*, can only be called a horror movie because it is so poorly made. It is terrifyingly badly made but there is nothing that will actually give you nightmares, and isn't that the whole point?

George Mihalka, director of *My Bloody Valentine* — a movie Quentin Tarantino calls his all-time favourite slasher film — agrees that conventional horror is in a rut.

"As long as mainstream horror focuses on glossy monsters and the perfectly backlit villain and stylish gore shots that could pass for TV commercial beauty shots where blood and victims are interchangeable with beer and models, there is nothing left to fear," he says.

"An honest well-developed character is the reflective mirror that conveys the reality of the monster, villain, serial killer, ghost, zombie or vampire. If there is no truth or reality in the performance we cannot truly believe in the menace. We are left as numb, detached voyeurs of slick boogeymen or at best rooting for them to kill off the annoying bad acting of interchangeable pretty plastic people."

Horror hero and Rue Morgue editor-in-chief Dave Alexander agrees that much Hollywood horror errs on the safe side, but says there are still thrills to be had at the movies.

"Foreign and indie horror movies — those titles that play genre festivals — are the most exciting and innovative



There is nothing to give you nightmares in *Sinister 2* — expect maybe how bad it is, writes Crouse. HANDOUT

because they're not as bound by the Hollywood business model that favours remakes, sequels and chasing trends.

That said, there are still chills to be had at the multiplex when a breakout title with an original concept comes along — one of the best recent examples being *It Follows*."

Chris Alexander, editor-in-chief of legendary N.Y.C.-based horror and dark fantasy film culture magazine *Fangoria* says "real horror has always

thrived in the mainstream and elsewhere. Always will."

"Throughout horror history, there have always been 'lite' versions of more palpable big-screen terrors. From the various monster comedies of the 1940s (how many times did Bela run afoul of Bowery Boys and Brooklyn Gorillas?) to Abbott and Costello romps to *The Munsters*. And *Dark Shadows* was a vampire soap opera that romanticized vampires for lonely housewives.

"Horror in the mainstream

MOVIE RATINGS by Richard Crouse

Mistress America ★★★★★
Fort Tilden ★★★★★
Sinister 2 ★
Hitman: Agent 47 ★★
American Ultra ★★★
Bang Bang Baby ★★★

HOW RATING WORKS
 ★★★★★ SEE IT
 ★★★ WORTHWHILE
 ★★ UP TO YOU
 ★ SKIP IT

has long been a gateway drug for young people and, if they are affected and obsessed by the films they see with their pals on a Friday night, they'll

likely begin the endless quest to 'chase the dragon' and find darker terrors, which are in large supply, internationally. If it wasn't... I'd be out of a job!"



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THE TV DINNER JESSICA ALLEN



'But what about Museum Mile?' I asked Greta Gerwig. Where does one economically refuel on the Upper East Side after hours of looking at art?

A few years later, Baumbach and Gerwig co-wrote *Frances Ha*, which he directed and she starred in — a collaboration they've repeated with *Mistress America*, which opens Aug. 21, in Toronto and in other Canadian cities a week later.

Tracey (Lola Kirke) is a lonely college freshman. Her soon-to-be stepsister Brooke (Gerwig) enters the Manhattan-based picture and shakes things up with her spirited, yet peculiar, brand of adventure.

After the film premiered at Sundance, *Variety* said it was "one of Baumbach's warmest and purely funniest films," which may be on account of Gerwig. Her performance "confirms (her) as one of the great, fearless screen comedienne of her generation," they wrote, "a tall, loose-

THE MOVIE:
Mistress America



THE MEAL:
Club sandwich with fries



limbed whirligig who careers through scenes with the beatific ditziness of a Carole Lombard or Judy Holliday."

And through life, too. I met Gerwig when she was in Toronto promoting *Damsels* in Distress during the 2011 Toronto International Film Festival. Hotel room junkets must have been relatively new and nerve-racking for

the actress — as they were for me. In fact, Gerwig's junket was my first.

I don't remember details of the interview, other than that she was reading a novel when I entered the room. But I do remember what happened afterwards — and not the bit about how we lost the video footage: I'm talking about when I walked

outside the Ritz Carlton and lit a cigarette.

Gerwig sat down beside me and asked for a light. She fumbled with the lighter — like Buster Keaton might, if he were wearing Prada — for minutes. After talking about restaurants in Toronto, Gerwig plucked my notebook and pen from my bag and began to write a list of New York eateries I should visit.

SriPraPhai in Queens, Murray's Bagels on 6th Ave and, of course, the Burger Joint hidden inside the Parker Meridien. "But what about Museum Mile?" I asked her. Where does one economically refuel on the Upper East Side after hours of looking at art?

Gerwig told me about Soup Burg, a diner at East 77th Street and Lexington, which for the next three years became my club sandwich-with-fries pit stop after gazing at Greek art and Gauguins.

The last time I went to grab a post-museum lunch in 2014, Soup Burg had unceremoniously closed its doors. It was a collaboration, of sorts, that I wish hadn't ended.

Jessica Allen is the digital correspondent on CTV's *The Social*.

MOVIE BRIEF

JLaw tops big bucks list

Forbes Magazine has released its annual list of the 50 highest-paid actresses, with Hunger Games star Jennifer Lawrence topping the list. Lawrence earned \$52 million pre-tax over the last 12 months.

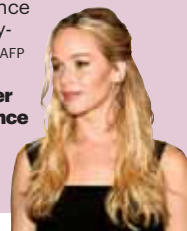
Scarlett Johansson was second, with a revenue of \$35.5 million. Melissa McCarthy has amassed \$23 million, earning her the third spot on Forbes' list.

The only non-American actress to feature on the list was Chinese actress Bingbing Fan, who came in at No. 4.

The list also brought with it a very telling statistic. Compared to the highest-paid male actors list, the women's combined earnings came in at \$660 million less, confirming the gender-based pay difference in Hollywood. AFP

Jennifer Lawrence

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Triple threat in Bang Bang Baby

BANG BANG BABY

Levy digs out her LaDuca's for musical sci-fi fantasy

Richard Crouse
For Metro Canada



Jane Levy has a diverse resume that includes the cable hit *Shameless* (where she dies in a most fiery way), the sitcom *Suburgatory* and the 2013 remake of *Evil Dead*. But her new film, *Bang Bang Baby* takes her back to where she began: singing and dancing.

"I did musical theatre, mostly because it was the only theatre available, not to say anything negative about that, but I wanted to be an actor. I loved drama and that was the way to do it so I was in all the plays. I was in *Annie*. I was in *Oklahoma*. I was in *Annie Get Your Gun* and *The Wizard of Oz*." When she was seven years old the California native recalls about her seven



Jane Levy plays a small town teenager with dreams of rock 'n' roll fame in Jeffrey St. Jules' *Bang Bang Baby*. HANDOUT

-year-old self.

She warbled her way through Broadway-style shows until she was about thirteen when she traded the stage for the soccer field. It took a few years but eventually she felt

a familiar draw.

"I was eighteen and I just finished my first year of college and I hated school," she says. "I was miserable the whole year and I couldn't quite figure out why.

"I was in Europe with my friend and I said, 'You know what? I'm not going to do it anymore. I'm not going to school. Why not pursue the thing that I know has always been, deep down, my dream?'"

She's back to basics in *Bang Bang Baby*, a strange new big screen sci-fi musical that gives her the chance to strut her stuff. In it, she plays Stepphy, a 1960s teenager whose dreams of rock 'n'

“

I thought it would be a challenge to explore singing and dancing.

Jane Levy, actress

roll stardom are dashed when a chemical leak in her town causes mass mutations and "threatens to turn her dream into a nightmare."

When she first saw the script she says, "I thought, how cool and how strange. I thought it would be a challenge to explore singing and dancing which is something I had done as a kid but not since. And I also thought how unusual, how peculiar, how fun."

Levy has a whole slate of films on the way, including the much-anticipated animated movie *Monster Trucks*, but the best part of it all, she says, is that she is able to act in a variety of projects.

"For me, I feel like this is the thing I have to do. This is the thing I enjoy the most and this is the thing I'm best at."

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SILENCE OF THE LAMBS

Killer deal: House from horror flick for sale

Celebrate your purchase of this lovely four-bedroom Victorian with some fava beans and a nice Chianti.

The house that was used as the home of psychotic killer Buffalo Bill in the 1991 film *The Silence of the Lambs* is up for sale.

The production crew took six weeks to turn the 3-story house into the squalid home of the killer played by Ted Levine. A film crew spent three days shooting in the foyer and

dining room of the home near Perryopolis, about 50 km south-east of Pittsburgh.

The owners, Scott and Barbara Lloyd, both 63, were married in that foyer on Feb. 13, 1977, a couple of months after buying the house.

"It's rather bittersweet," Barbara Lloyd told the Pittsburgh Tribune-Review. "We got married in this home, we raised our son in this home, but we are ready to move on."

The Lloyds are asking \$300,000 for the home, which also features an in-ground pool and a vintage caboose as pool house.

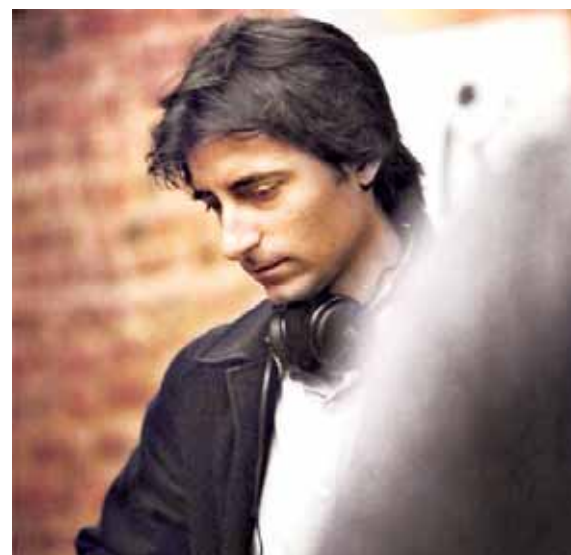
The *Silence of the Lambs* won five Academy Awards: Best Picture, Best Actor, Best Actress, Best Director and Best Adapted Screenplay. Anthony Hopkins played Dr. Hannibal Lecter, a crazed, cannibalistic psychiatrist whose macabre clues help Clarice Starling, the rookie FBI

agent played by Jodie Foster, track down and kill Buffalo Bill in his home.

About that: The basement dungeon where Buffalo Bill kept one would-be victim, and where he was eventually killed, doesn't exist. Those scenes were shot on a sound stage, Scott Lloyd said.

Still, real estate agent Dianne Wilk is hopeful that the 1910 home's spooky pedigree will attract rather than repel buyers.

THE ASSOCIATED PRESS



Noah Baumbach directs *Mistress America*. CONTRIBUTED

Writing roles for women

INTERVIEW

Baumbach on Gerwig and strong female friendships

Matt Prigge
Metro in New York City

Collaborating worked out on Frances Ha, so writer-director Noah Baumbach and writer-actor Greta Gerwig — also a couple in real life — decided to do it again.

The result is *Mistress America*, a shape-shifting look at the friendship between Gerwig's flighty New York gal and an impressionable freshman played by Lola Kirke (*Mozart in the Jungle*). They even made the second half a lengthy screwball comedy set piece — a sequence that was tricky for both the actors as well as Baumbach. At least it gave him the chance to again put a favourite, possibly now cool pop star on his soundtrack.

While *We're Young* and *Mistress America* concern young people who run into trouble when it comes to using real people for their art.

Those are similarities I've become more aware of doing interviews than I was when I made them. I didn't think of that, actually, but I understand the similarities. Both of them are about idolatry and what you put on a person, what you make them out to be, even if that isn't necessarily what they are.

It's also interesting to see a film about a woman idolizing another woman. It's usually

the man idealizing a woman.

On *Frances* we had explored a friendship between women that had no reliance on a male. *Frances* is about figuring stuff out, but it had nothing to do with failing in love. That was something that at the time we were less aware of until we finished the script. Like, "Oh, that's cool, it's not about a guy helping her figure it out. It's about figuring it out on your own, with other women."

In this we wanted to keep going that way and exploring a central female relationship. I think there is something about friendships between the same sex, particularly with a young girl, when you're looking up to someone you think you want to be.



It's not about a guy helping her figure it out. It's about figuring it out on your own.

Noah Baumbach on *Frances Ha* and *Mistress America*

How much do you think it helps having a female co-writer when it comes to writing female characters?

The thing about writing is you only have to understand up to a point what you're representing. Whether it's a woman writing a man or a man writing a woman, or if you're writing someone from a different ethnicity or a different age, on some essential level it doesn't mean you have to be that person.

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Greta Gerwig, centre, is seen as one of the most authentic actors of her generation. HANDOUT

Flaky and unfocused? It's just an act

GRETA GERWIG

Writer and star of *Mistress America* wants to direct next

Greta Gerwig is sitting in a Greenwich Village café trying to explain how she goes from being fully enmeshed in creating a film — co-writing it, producing it — to stepping into the story and inhabiting a character.

"My job is to almost get a bit unconscious about the whole thing," says Gerwig. "It's an odd paradox of completely knowing what you're doing — the language is in you, it makes sense — and also feeling like you're riding something but you don't have control of the speed."

She pauses. "I keep thinking of a jet ski. I don't know why." *Mistress America*, which opens Aug. 28, is the second film Gerwig has co-written with director Noah Baumbach, who is also her boyfriend of several years. Together with Frances Ha, the two movies have established a wider view of Gerwig, already seen as among the most authentic actors of her generation.

Mistress, an '80s-movie inspired farce, and *Frances*, a French New Wave-inspired tale of 20-something struggle, prove that Gerwig is as deliberate as

she is intuitive. Though her sincere, confused characters have the messy blurred lines of life, that doesn't mean they aren't finely drawn.

"She's broadening the scope of what she's doing," says Baumbach, who first cast her alongside Ben Stiller in *Greenberg* before the two became closer while making *Frances Ha*. "She's a real voice. It wouldn't be wrong to say she has an authorial voice before she's actually directed a movie."

But as Gerwig said in her recent interview, "That, sir, is in the works today." She's finalizing plans to direct a screenplay she wrote called *Lady Bird* that's set in her hometown of Sacramento, Calif. She'll shoot it in March, with Scott Rudin producing.

So, by jet ski or whatever watercraft metaphor you like, Gerwig is on the move. Up until now, her career, which began in the low-budget mumblecore films of Joe Swanberg (some of which she co-wrote) and has dabbled in failed sitcom pilots and larger studio films like *Arthur* and *No Strings Attached*, has often been depicted as a pinballing between indie and mainstream.

But in films of any size, working either in front of or behind the camera, Gerwig's esthetic — awkward, funny, without artifice — is remarkably consistent. It's kind of like the reverse of *The Purple Rose of Cairo*; instead of

"Nobody was going to make any money, anyway. It seemed pointless not to amuse ourselves."

Greta Gerwig on making *Mistress America*

a movie character stepping off screen, she's like a real person stepping onto it.

Mistress America was conceived around Gerwig's character, Brooke, a 30-year-old whirlwind of truly felt but poorly planned ambitions.

Her intoxicating orbit draws in Tracy (Lola Kirke), her stepsister to be, a freshman and budding writer at Barnard College (where Gerwig also went, with playwright aspirations). At the heart of the film is the friendship between Brooke and Tracy, who's infatuated by the larger-than-life Brooke. She begins writing stories glorifying but also humbling Brooke, who has been moving too fast to notice her youth slipping away.

Like Baumbach's last film, *While We're Young*, and *Frances Ha*, much of the drama comes from characters growing into or accepting their place in life.

THE ASSOCIATED PRESS

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Death of Swan, rise of Stewart

KRISTEN STEWART

American Ultra proves she's a terrific thespian

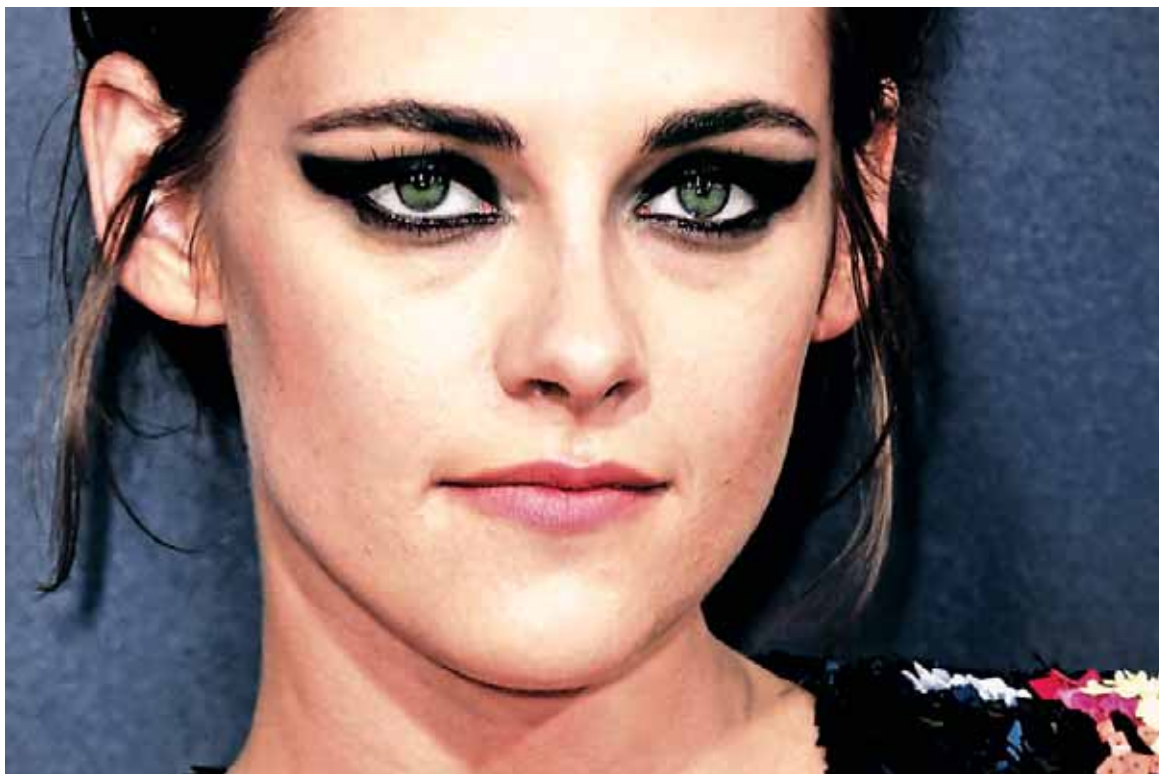
Matt Prigge
Metro in New York City

Before she scored the Twilight gig, Kristen Stewart was simply a young actress. She was a child performer, just like Jodie Foster, who played the mother of her tomboyish teen in Panic Room. Among her first wave of raves was for a small but key role in Into the Wild — a turn that acclaimed French filmmaker Olivier Assayas (Carlos) said made him want to work with her. Assayas would belatedly cast Stewart in Clouds of Sils Maria, which netted her a Cesar — the French equivalent of the Oscar — for best supporting actress earlier this year. She was the first American to get the trophy.

Around the time of Into the Wild's release in fall of 2007, Stewart landed the coveted role

of Bella Swan in Twilight. After that her life was never the same, and not exactly for good. Her existence became a non-stop surveillance hellsuck, her every move documented, her dazed talk show appearances obsessively scrutinized, her sex life salivated upon by every publication. Most one-on-one interviews dwell on her fumbling but usually failed attempts to seem invisible as she walks among us.

What's worse, her brand seemed to suffer. Critics and non-Twi-hard audiences quickly turned to pouncing on Stewart. She still did indies and artier fare, but she was now The Girl from Those Movies — a starlet with unkempt hair and a perpetually open mouth trying in vain to score some cred. Right now it's surprising that Stewart — it should be said deservedly — won a fancy European acting award, and for a movie that's 80 per cent her onscreen with no less than Juliette Binoche. But it shouldn't be surprising. Stewart has always been a unique screen presence — a thespian of great subtlety who communicates razor-sharp intelligence with very tiny



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Panic Room, 2002

Into the Wild, 2007

Clouds of Sils Maria, 2014

movements across her face.

As she got older, and both more used to and more annoyed with her 24/7 public life, Stewart has become more articulate, more bold, more confident and more easily vexed, especially when it comes to her privacy. She hasn't changed up her performances, though. In *Clouds*

“

Stewart has become more articulate, more bold, more confident


The Runaways, 2010

of Sils Maria, in which she plays the weary but loyal personal assistant to a frenzied actress played by Juliette Binoche, she still speaks her lines in a disaffected drawl. But especially when paired with Binoche, with

whom she clicks like they were an old married couple, one can sense the intention of each line — the way she's in complete control of the way words come out of her mouth.

Stewart's Sils Maria turn is, in effect, “the Kristen Stewart performance” — roughly the same remote, alto-heavy approach seen in *Into the Wild* and *Adventureland*, plus other indies like *Welcome to the Rileys* (in which she's a prostitute to James Gandolfini), *The Yellow Handkerchief* (a road trip saga with her, William Hurt and Eddie Redmayne), *The Runaways* (doing a mean Joan Jett) and *On the Road*.

This week sees the release of *American Ultra*, which is a stoner action-comedy sort of in the vein of *Pineapple Express*. Jesse Eisenberg plays a sleeper agent-turned-burner who doesn't remember he has Jason Bourne moves until they're awoken. Stewart plays his equally toking girlfriend who helps him as they escape, and in his case often brutally kill, government agents wanting him dead.

She does a lot with very little. She's not particularly funny, nor is she asked to be. She's the film's rock — the power that gives it more weight than it perhaps deserves. This shouldn't be surprising, and it shouldn't be think piece-worthy. After all, she has a Cesar.

SUPPORTING ROLE

Playing awkward characters is the ‘funnest thing ever’ for Tony Hale

No, Tony Hale is nothing like his most famous characters — not Buster Bluth on *Arrested Development* not boyish “body man” Gary Walsh on *Veep*, and not Petey Douglas, a CIA agent hanging in the action-comedy *American Ultra*. He's as friendly and chatty as he is awkward on-screen. He has a small but key role in *American Ultra*, hanging back at the Pentagon and unwittingly put in command of a drone operation that may harm hero Jesse Eisenberg — a sleeper agent-turned-stoner who only realizes he has Jason Bourne moves when he's “awoken.”

American Ultra is another case where you're playing someone oblivious to how socially awkward he is.

I like nothing more than to play off awkward energy. Playing awkward is the funnest thing ever — awkward tension, awkward silences. I'm crazy about that stuff. My wife laughs at me, though, because I can't watch it. If there's something awkward on television, I have to leave the room. It makes me so uncomfortable. I just stop breathing.

But playing it, I love it. I love to play it and I love to live in that world. But I can't watch it.

You've said you have an easy “in” for Gary on Veep: you stoop over as you're talking to people shorter than you. Do you have one for other characters?

When I first started [*Arrested Development*] I remember asking Mitchell Hurwitz what Buster wanted in life — a very kind of actor question to ask. He said all Buster ever wanted was safety. I always used that. If there was any lack of safety he would spiral. But if he was around his mother that was the most safe place. He would get silly and crazy. He said he liked being away from his mother, that he wanted freedom. But especially in the fourth season he would spiral into a psychotic phase.

Your American Ultra character does that too, but he has a perhaps more understandable reason for it: he's suddenly been tasked with committing drone strikes.

He's in over his head. For me that's what it would be like to


Actor Tony Hale. GETTY IMAGES

all of a sudden be placed at the center of the Pentagon. He's just a guy who works in a cubicle. He's totally overwhelmed. Maybe there's an “overwhelmed” through-line in my work. I don't know what that says about me. I remember when Buster in the fourth season of *Arrested*, he was playing these video games, then he found out he was dropping real bombs and all this awful stuff. He thought he was just playing a video game. When talking to you I just realized that similarity.

MATT PRIGGE/METRO IN NEW YORK

ADVERTISING FEATURE

Teen's camping dream comes true

In partnership with ArrKann Trailer & RV, Make-A-Wish gave 14-year-old and his family a new tent trailer **CARRIE KELLY**

Enjoying the great outdoors is a high priority this summer for Taras Pyrozok and his family after his dream to have a tent trailer became reality.

When the 14-year-old was given the opportunity to have a wish come true through Make-A-Wish, it wasn't a trip to an exotic location or to meet someone famous that first came to mind, but the ability to go camping.

Make-A-Wish granted his wish and now he and his family are able to go camping any time they want, not only this summer, but for many to come.

In partnership with Calgary's ArrKann Trailer & RV Centre, Make-A-Wish presented Taras and his family with their new tent trailer at the Calaway Park campground. Calaway Park donated the campground stay and two-day pass to the amusement park.

When Taras and his family arrived at Calaway Park, the tent trailer was all set up, complete with bedding, camping chairs, a patio mat and sticks for roasting marshmallows.

Vickie Sauve, wish granting coordinator for Make-A-Wish Southern Alberta, says it was so rewarding to see Taras' smile when he saw his trailer for the first time.

“I was emotional,” Taras says. “I've been camping before with my uncle and I loved it. I like going quadding, fishing and getting wood for the fire.”

ArrKann Trailer & RV gave him and his dad a two-hour orientation on how to use their new tent trailer and Taras took it all in so he can help set up every time they go camping.

“With all the electronics, camping allows kids to reconnect with their parents and siblings and enjoy the outdoors. When a child's wish is to go camping, we feel proud to be a part of it.”

Neil Friedenberg of ArrKann Trailer & RV Centre



After camping last year for the first time, it became Taras Pyrozok's dream to have a trailer, which came true thanks to Make-A-Wish and Calgary's ArrKann Trailer & RV Centre. Taras, shown in the doorway of his new tent trailer, had his friend Nick, dad Vadym and mom Iulia with him for the special presentation. PHOTO COURTESY MAKE-A-WISH

The great thing about the tent trailer is that they're easy to set up and small enough to store in your backyard, says Neil Friedenberg of ArrKann Trailer & RV Centre.

The unit sleeps six and is equipped with a sink, stove, heater and awning.

Friedenberg was impressed with Taras' desire to want to be able to go camping regularly with family.

“Especially today, with all the electronics, camping allows kids to reconnect with their parents and siblings and enjoy the outdoors,” Friedenberg says. “When a child's wish is to go camping, we feel proud to be a part of it.”

In order to have a wish come true through Make-A-Wish, the recipient needs to be between the ages of three and 17 years old, with a life-threatening medical condition. Wishes fall under four categories — A Wish to Have, A Wish to Be, A Wish to Meet or A Wish to Go. ■

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B MOVIE

Young Kevin Bacon would have turned down the role

Richard Crouse

For Metro Canada



In *Cop Car*, a B-movie thriller about two kids who steal a police vehicle for a joyride, Kevin Bacon plays Sheriff Kretzer, a bad cop short on dialogue but long on menace. It's an intense role but one the Footloose star would have turned down that once upon a time.

"When I first started becoming an actor I would judge a role by how many lines I had," he says. "Then, later on, by, 'Where's my big scene?' As time has gone on, I've really loved the idea of trying to use everything cinema has to offer in terms of helping you unfold the mystery of who somebody is."

"Sheriff Kretzer is one of those guys who, somehow, even though there is very little being



Kevin Bacon stars as a menacing sheriff in Jon Watts-directed *Cop Car*. HANDOUT

said, I had an image for who he would be. Sometimes it just comes to me."

Now into an almost four-decade long career — Bacon's first professional acting gig came in

1978 on the soap opera *Search for Tomorrow* — he's come to understand why less is often more on screen.

"Look at something like *Diner*," he says. "I didn't want that

part because the guy didn't say much. I didn't know or trust that who he was would come through (in the scene where) I was just sitting there watching the college bowl. People talk

about that as being the moment where they totally got the guy, but on the page I didn't get that. I was too naive to understand that. In the course of my career I have started to realize that the

“

When I first started becoming an actor I would judge a role by how many lines I had.

Kevin Bacon

camera sees so much more than we see in real life.

"It's not that it just shoots real life, it's that it goes deeper. You shoot somebody's eyes, do a close-up on somebody's eyes, and you see things that the human eye can't see. It actually reaches down into that person's soul so you're exposed to something that is deeper and more beautiful."

Bacon says he and director Jon Watts give audiences everything they need to "metaphorically jump in the car and come along" without over explaining the characters.

The result is a violent film that transcends its B-movie roots to become a story about loss of childhood innocence.

"I think it is a surprisingly moving and emotional film," he says. "I know my wife (actress Kyra Sedgwick) feels that way."

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The outspoken Sam Elliott

INTERVIEW

Unlike his character, he believes in a woman's right

Matt Prigge
Metro in New York City

"Hot one out there today," Sam Elliott says in that voice — that bass-y growl softened by his Oregonian twang. He's exactly what you'd expect from his movies, only not so laconic. He's talkative and not afraid to bridge certain subjects — say, the topic of abortion, which fuels his new film.

In *Grandma*, Lily Tomlin plays a poet trying to procure a safe procedure for her granddaughter (Julia Garner). Elliott plays one of Tomlin's old flames, still hurting that she left him decades before for a woman.

Few films deal with aging in a serious way. This and *I'll See You in My Dreams*, with you and Blythe Danner, are exceptions.

People would ask (Brett Haley)

director of *I'll See You in My Dreams*) what kinds of films he wants to make. And he always basically said he wants to make films about real life. That's what I think this thing is too.

It's an honest portrayal of somebody that's experienced love and loss and is moving on in spite of it all — until the granddaughter comes knocking on the door.

I imagine parts of America that won't take to a film that, in its first five minutes, offers a lesbian character with a younger girlfriend trying to help her granddaughter get an abortion.

I'm anxious to see how often that's going to come up. It's such a polarizing subject. Paul (Weitz, *Grandma's* director), he's not bitin'. He's not bitin' when someone brings it up. Because it's not really what the movie's about.

This would have probably been a studio film at some point, but the market's changed.

I've certainly noticed that. But there's such a market for good independent films. Those types of filmmakers have to go

elsewhere to tell their stories. If the big studios aren't going to do it, they can do it on their own. You can't keep a good film down.

I'll See You in My Dreams quietly made a few million dollars in theaters. So there's an audience.

There's always an audience — an audience that's crying for

intelligent, entertaining stuff. If I can go to a theater and be entertained, and I can cry and laugh at the same movie, then what the f—, man? That is the ultimate. And you can maybe be enlightened or educated.

It's like this whole abortion issue. Maybe you walk away from it saying, "Well, they didn't really deal with the pros and cons of it." But there is a

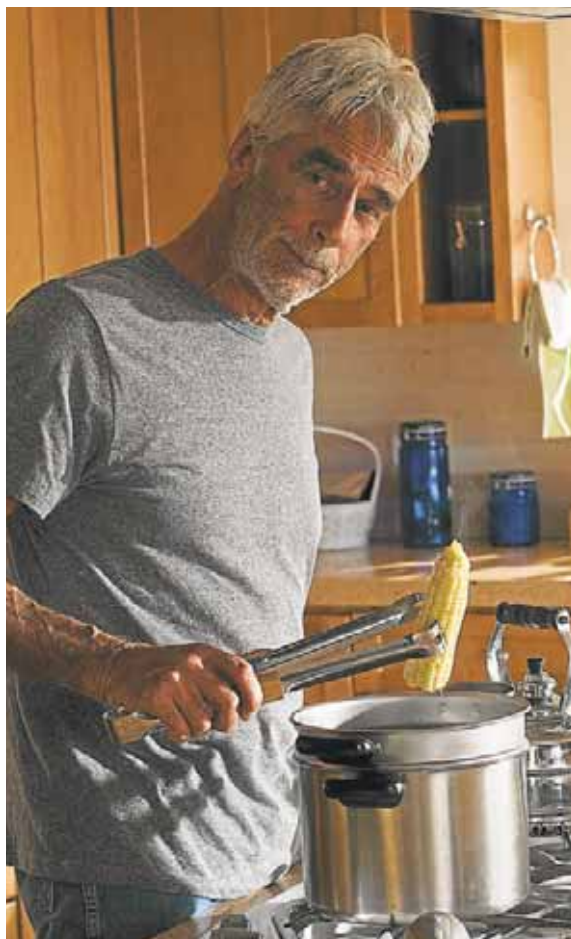
moment where Lily looks at her granddaughter and says, "You're going to think about this every day of your life."

Somebody says that to you, you know that it's something worth considering. It's a very difficult decision. I come on the side that the government's got no business telling women what to do with their physicality. I'm very much pro-choice.

“

The government's got no business telling women what to do with their physicality.

Sam Elliott, actor



Elliott plays an aging ex-flame in Weitz's *Grandma*. HANDOUT

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HORROR Sinister 2

Director: Ciaran Foy
Starring: Shannyn Sossamon, James Ransone

The sequel to the 2012 sleeper hit horror movie. In the aftermath of the shocking events in Sinister, a protective mother (Sossamon) and her 9-year-old twin sons (real-life twins Robert and Dartanian Sloan) find themselves in a rural house marked for death.

ROTTEN TOMATOES™ SCORE

Critics: 5% Audience: +92%



ACTION The Man from U.N.C.L.E.

Director: Guy Ritchie
Starring: Henry Cavill, Armie Hammer

Henry Cavill (Man of Steel) stars as Napoleon Solo opposite Armie Hammer (The Social Network) as Illya Kuryakin in director Guy Ritchie's The Man from U.N.C.L.E., a fresh take on the hugely popular 1960s television series.

ROTTEN TOMATOES™ SCORE

Critics: 66% Audience: 80%



COMEDY Some Kind of Beautiful

Director: Tom Vaughan
Starring: Pierce Brosnan, Salma Hayek, Jessica Alba

Richard Haig (Brosnan) is a well-respected professor at Trinity College in Cambridge who indulges his romantic fantasies with a steady stream of beautiful undergraduates. But he's grown tired of the game and is looking for something more meaningful and lasting.

ROTTEN TOMATOES™ SCORE

Critics: 0% Audience: +83%



DOCUMENTARY I am Chris Farley

Directors: Brent Hodge, Derik Murray

The directors of A Brony Tale and I Am Evel Knievel tell Chris Farley's story. From his early days in Madison, Wisc., and at Marquette University, through his work at the legendary club Second City to his rapid rise to the top of the comedy world on Saturday Night Live and in hit films like Tommy Boy and Black Sheep.

ROTTEN TOMATOES™ SCORE

Critics: 76% Audience: 81%



ACTION & ADVENTURE American Ultra

Director: Nima Nourizadeh
Starring: Jesse Eisenberg, Kristen Stewart

American Ultra is a fast-paced action comedy about Mike (Eisenberg), a seemingly hapless and unmotivated stoner whose small-town life with his live-in girlfriend, Phoebe (Stewart), is suddenly turned upside down. Unbeknownst to him, Mike is actually a highly trained, lethal sleeper agent.

ROTTEN TOMATOES™ SCORE

Critics: 38% Audience: +93%



COMEDY Teen Lust

Director: Blaine Thurier
Starring: Cary Elwes

An awkward high school student strives to lose his virginity before his parents and their Satanic cult can sacrifice him to the devil.

ROTTEN TOMATOES™ SCORE

Critics: NO SCORE YET Audience: +83%

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COOKING SHOW

Camp Cutthroat inspired by Alton Brown's outdoorsy past

When he visits N.Y.C., Cutthroat Kitchen host Alton Brown knows every subway trip could turn into a Cutthroat Commute. In this, he says, cooking and commuting are not so different.

"So many people who watch Cutthroat Kitchen don't necessarily get that the most fun part of it is simply watching the adaptability of human beings," he says. "It's not about doing horrible things to one another; it's about how people clear their mind of

problems and watching how people actually figure stuff out."

This summer, Brown took his show outdoors in Camp Cutthroat, with sabotages like cooking on a rock wall and something called "capture the cheese."

Here Brown talks about the value of camping and hacking his kitchen tools — in elementary school.

...

I was a Cub Scout, ... I was a

scout up to Star Scout. Then my family moved and I never found a troupe again ... which I regret. But when I was a kid growing up mostly in the '70s in a relatively remote part of the United States, scouting was a way of life. One day a week you wore your uniform to school with your trusty scout knife on your hip.

We learned a lot about self-reliance, which I worry that our kids aren't learning today. I certainly started developing a

love of cooking in the Scouts, and the kind of little travel pots and pans and things they make for Scouts, I was really addicted to that stuff, I kept mine in perfect order and hacked some of it and made changes on it to make it more useful. The nice thing about cooking outdoors on scouting trips is there wasn't a mom yelling at you about messing up the kitchen!

EVA KIS/METRO NEW YORK



Host Alton Brown learned to love cooking as a Scout. HANDOUT



Patrick Stewart, seen here with Adrian Scarborough, stars as a British newscaster in Blunt Talk. CONTRIBUTED

Patrick Stewart is telling it like it is

BLUNT TALK

Legendary actor wants to become even more political

Matt Prigge
Metro in New York City

Patrick Stewart swears Gownus is the next big neighbourhood. A proud Brooklynite, the legendary actor lives nearby and has heard word that the neighbourhood's rancid canal will be transformed, of course gradually, into the "Venice of America." "Invest now!" he jokes.

Stewart was out of town most of last winter shooting Blunt Talk, a Starz comedy produced by Seth MacFarlane and written by Jonathan Ames (Bored to Death) in which he plays a carousing political news anchor of the Piers Morgan variety, only more prone to getting stoned before driving a car.

The opening of the first episode involves your character, Walter Blunt, picking up a transgender prostitute. But it's not what you might expect from a comedy from 10

years ago, or five years ago, or even last week. She's treated with respect and their time together is tender, not a dumb joke.

It's due to Jonathan (Ames') own experiences and his sensitivity. We were both a little nervous about that scene and how it might appear. We didn't want to make easy jokes at the expense of someone who's had very intense, not to say painful and troubling, experiences. But the next thing was the casting of Trace Lysette in the role, who gives such a beautiful performance of great subtlety and honesty and openness. The scene becomes sweet, almost sentimental where it could have been broad and coarse and offensive. I don't think it is.

In the first four episodes it's not so much a political show as it is about characters.

I hope in time it will be seen to be both. We spent a lot of time — Jonathan, rather, did — building all the characters, giving them substance. I would like to see it get more political — because I am, and have been all my life. I'd like to start banging the desk a little bit in a Jon Stewart manner.

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to better understand how it works remains their preferred activity. This allows people with meditative personalities to better understand themselves.

Most often in tune with their emotions and feelings, meditative personalities have a hypersensitive disposition and use their senses to communicate with the outside world.

There are three types of sports activities best suited to these kinds of personalities that can either reinforce and fine-tune their introspective capacities, help them develop new tools to discover other inspiring activities or a combination of the two.

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Yoga allows meditative personalities to take part in one of their favourite activities: meditation.

This activity also provides a physical dimension that is just as important. The fusion of the two is ideal to gently get back into physical activity.

The practice of yoga combines flexibility, strength training and a conscious control of movements and your breathing.

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Biodanza was invented in the 1960s and developed from research done on the effects of music to movement and emotions.

This dance activity is done either with a partner or within a group.

Participants are led to better connect with their needs and desires and

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They learn how to be guided by others, release tension, boost their creativity and over time, develop an increased zest for life and for social interaction.

Similarly, Latin dance can also have these effects.

Gentle fitness

In Chinese martial arts, gentle movements represent a "soft" or "internal" technique and style (nei chia) as opposed to a "hard" or "external" (wei

chia) technique.

These notions allow the partakers of the sport to attain a perfect balance of their bodies and spirit.

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It's the beginning of August, and most people around the world have left not just their offices — or their cities — but

their countries for weeks, even the whole month, for vacation.

When they come back, holidaymakers are more productive, feel better and are physically healthier.

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The good feelings begin well

before you set out, Cornell University researchers found.

Reboot your brain

One sure sign you need a vacation: catching yourself wondering how it's the end of the week already every Friday morning.

Routine literally lulls the brain to sleep; time feels like it's passing quickly because you're not

paying attention to anything.

But when you're about to take a cruise for the first time or zipline through a jungle in South America, it's all hands on deck as your mind tries to process all the new information flooding in.

Natural high

You don't have to commit to

hiking for miles to feel better outdoors.

Scientists aren't sure why, but we really do feel different when we get out among the trees or into the mountains.

There's the biophilia hypothesis, otherwise known as conventional wisdom: Our bodies are simply responding to being useful again in our natural habitat.

Awe's role in health

When's the last time you felt awe? Not just, "Hey, that's cool," but the sensation of being completely overwhelmed by an experience?

A study published in February found that feeling awe boosts your health by fighting inflammation.

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Randall Park says there are similarities between his own father and the restaurant-owner dad he plays on the series.

GETTY IMAGES

The Asian-American dream

FRESH OFF THE BOAT

New show follows Taiwanese family in U.S.

U.S. network television has been criticized for years for its lack of racial diversity, especially in prime-time comedies. That perception changed last season with the introduction of *Black-ish* and another new show on ABC, *Fresh off the Boat*.

Set in the mid-'90s, the latter follows a Taiwanese family who move from Washington to Orlando, Fla., where they open a cowboy-themed restaurant.

Father Louis (played by Randall Park), embraces everything to do with the American Dream. Mom Jessica (Constance Wu) struggles to hold on to her Asian roots.

The series is told from the perspective of Eddie (Hudson Yang), the oldest of the family's three children and a big fan of hip hop and basketball. The real

Eddie Huang, a 33-year-old chef and food personality, created the series and narrates as his grown-up self.

Fresh off the Boat returns for a second season Sept. 22 on ABC. In Canada, it's one of the most popular offerings this summer on the streaming service Shomi.

The series is the first American television sitcom starring an Asian-American family in 21 years. Comedian Margaret Cho headlined the last such sitcom — *All American Girl* — which aired in 1994.

For me, it's a triumph even though it's not my television show, Cho said last month in Montreal during the annual just for Laughs comedy festival.

CHANGING DEMOGRAPHICS

Randall Park feels viewers are much more open to seeing a broader range of cultures and nationalities on TV today compared to 21 years ago.

"I'm not sure why it took 21 years," she says. "It just happened that way and I take a lot of personal pride in the fact that it's on."

Park figures there are many reasons. "There's long been a perception that people aren't ready for something like this," he said last week from the set in L.A. "The TV landscape has changed. There are so many options and networks and channels and (streaming sites) online. It makes business sense to tell stories that are a little different now."

THE ASSOCIATED PRESS

PLAYING KIM JONG UN

The Interview controversy took everyone off guard

The busy actor is living that dream now. Besides *Fresh off the Boat* and a recurring role on *The Mindy Project*, he made an impression as Minnesota Gov. Danny Chung in *Veep*. He singles out that HBO series as a big turning point for me because the show is just so respected.

Perhaps his most notorious role was one he shot in Vancouver. Park played

North Korea dictator Kim Jong-un in the 2014 comedy *The Interview*. The Seth Rogen-James Franco flick angered the North Korean government and sparked a storm of controversy that completely took Park and the others by surprise.

"It was really insane, the whole experience," says Park. "None of us were expecting anything like that."

THE ASSOCIATED PRESS



Randall Park played Kim Jong Un in *The Interview*.

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Family comes first in zombie spinoff

FEAR THE WALKING DEAD

Actress feared being in show about the undead

It took several pitches to get veteran actress Kim Dickens to consider auditioning for Fear the Walking Dead, the L.A.-set

prequel to The Walking Dead.

The Deadwood and Sons of Anarchy star says showrunner Dave Erickson and director Adam Davidson had to cajole her into considering the project, and once she examined the script she was seduced by "the greatest character ever."

"My instinct was at first, like, 'I don't know, I don't think I'm right for that one, that genre,'" Dickens says in a recent phone

interview from Los Angeles. "I felt the same way about (watching) Game of Thrones — 'Oh, fantasy is not really my genre' — but I love it so much. You just get drawn in by these well-drawn characters that are so great. It's definitely the appeal of The Walking Dead, too, the combination of the genre with the wonderful writing."

Dickens plays Madison, a widowed mother to two teens —

one of them a junkie who can barely survive adolescence, let alone a mysterious viral epidemic that seems to turn sufferers into snarling cannibals.

Cliff Curtis co-stars as Madison's boyfriend Travis, a divorced father whose teenage son is reluctant to join his new blended family.

In charting the origins of The Walking Dead's apocalyptic onslaught, Erickson says he was

keen on crafting a family drama — albeit with zombies — that a broad audience could sink their teeth into.

"There was something interesting to me about a dysfunctional blended family that's trying to come together and failing to do so," Erickson says by phone, also calling from L.A. "And then the great irony of the show is the only way they come together is through the apocalypse."

Despite shared DNA with the Georgia-set The Walking Dead, this is a different show, with "a different kind of tension," he continues. "Tonally, we wanted to play the shark you don't see — we wanted to play the anticipation and the paranoia that goes along (with) living ... in a major city," says Erickson.

Fear the Walking Dead debuts Sunday on AMC.

THE CANADIAN PRESS

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Fear the Walking Dead debuts Sunday on AMC. HANDOUT

“There was something interesting about a dysfunctional blended family that’s trying to come together and failing to do so.”

Dave Erickson, showrunner

Indie summer listening

Too busy to keep up with this year's indie releases? Now that the summer heat has slowed you down, we've got five albums that'll keep you cool whether beachfront, poolside or on a road trip. **AFP**

Wolf Alice *My Love is Cool*

This debut album was one of the year's most-anticipated for indie fans, many of whom had become well-acquainted with the North London alternative rock band through touring and EPs.

Released in June, the debut spotlights singer Ellie Rowsell on an album of youthful rock 'n' roll.



Sufjan Stevens *Carrie & Lowell*

The U.S. singer-songwriter-instrumentalist always gets the indie world chatting when he releases new music, and his latest, the March album *Carrie & Lowell*, did just that and also drew praise as one of his best.

The intimate album sees him return to his folk roots.



Belle and Sebastian *Girls in Peacetime Want to Dance*

The Scottish indie-pop band released its latest album early this year — five years after its previous LP. A greater focus on pop characterizes this latest, which ventures into nu-disco for an album that seems to have the dance floor in mind.



Father John Misty *I Love You, Honeybear*

American folk musician Josh Tillman, previously of Fleet Foxes, released his second album under his moniker Father John Misty in February. The album's songs are at once plaintive, cynical and ironic and see Tillman delve into his own personal life and relationships.



Courtney Barnett *Sometimes I Sit and Think, Sometimes I Just Sit*

After building buzz via live shows and two EPs, the Australian singer-songwriter released her debut album in March to critical acclaim. With lyrics and music that is a clear nod to 1990s grunge, she recounts rather ordinary tales of daily life.



FM RADIO

How smartphones could revive FM radio

SOUND CHECK

Alan Cross



Your smartphone contains four radio devices. The first deals with cellular data; the second allows you to connect to Wi-Fi; the third handles Bluetooth; and the fourth lets you listen to FM radio.

Wait. What? That's right. Many millions of smartphones — including virtually every iPhone and all of Samsung's Galaxy phones

— come with an FM chip installed at the factory. It's just that most manufacturers have never turned the chip on. But that's starting to change.

AT&T recently announced that they're going to join Sprint in firing up the chips in Android phones on their networks as part of a deal with NextRadio, an initiative being pushed with great gusto by Emmis, the second-largest radio broadcast group in the U.S. Before you write this off as a mere FM tuner in your phone like you may have seen in older MP3 players (Microsoft's Zune had one of these), SmartRadio

is much different. And it's also different from the kinds of apps you might have downloaded for your favourite radio stations.

This app combines over-the-air FM broadcasts with an Internet connection to create a very interactive listening experience. Users can view artist details, album art, information about songs, share favourite songs on Facebook and Twitter and interact with the station itself. And it looks fantastic.

The best part? You can listen to this programming without blowing through your data caps. After all, you're not listening

to an Internet stream. Only the interface consumes data — and it sips rather than gorges. Plus battery life is extended.

This, of course, is why a lot of telcos aren't keen on activating the FM chip. If people can listen to music for free, subscribers won't use as much data and, of course, no one wants to jeopardize a revenue stream.

But broadcaster groups will not let up in their lobbying. The industry desperately wants the FM chip activated so that old-school radio will be in a device that's been robbing it of listeners.



Your iPhone contains an FM chip that, once active, could unleash free radio. GETTY IMAGES



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Oasis beyond The Strip

Las Vegas lures visitors from around the world with its bright lights, gambling and flamboyant shows. But even the most die-hard revellers can get worn out from the never-ending party on The Strip. Two of the top destinations for Vegas visitors who need a break are just 30 minutes to the southeast at the Arizona-Nevada state line: Hoover Dam and Lake Mead.

THE ASSOCIATED PRESS

1 Hoover Dam

Built between 1931-36, Hoover Dam is an architectural marvel, considered one of America's seven modern civil engineering wonders.

The dam spans 379 metres across Black Canyon and rises 221 metres from the Colorado River.

But like the Grand Canyon or Niagara Falls, Hoover Dam is a sight — albeit man-made — where descriptions or pictures don't do it justice; it's something that has to be seen to truly appreciate.

The view from the road is unimpressive, but once you look over the edge to the sliver of river below, expect your breath to be taken away. The view from the O'Callaghan-Tillman Memorial Bridge above the dam — accessed from a parking lot on the road to Hoover Dam — also is spectacular and looking back toward the deep blue water of Lake Mead isn't bad, either.

The visitor centre offers interesting details about the dam's history, but to get a true appreciation, take the tour to see the inner workings.

A quick warning: The large elevator can be crowded and there are warnings about claustrophobia. The trip is short, though, and the friendly guides tend to ease the tension during the 161-metre ride down.

The 30-minute guided power plant tour includes viewing the nine-metre penstock pipes, which control the flow of water, along with massive generators and access to the visitor centre. The hour-long dam tour has the same elements, but visitors also get to explore the various tunnels throughout the dam and peer out the air vents facing the downstream face.

Online: usbr.gov/lc/hoverdam



ISTOCK

2 Lake Mead

At full capacity, Lake Mead is the largest reservoir in the United States. It hasn't been at capacity in decades, though, with water levels dropping more than 60 per cent due to drought conditions in the Southwest.

Even with low levels, Lake Mead is still one of the largest man-made lakes in the country — and there's plenty to do. During the summer, the main attraction is the water: boating, water skiing, jet skiing, swimming, fishing, house boating.

A warning here, too: This is the desert, so it gets very hot during the summer. Park rangers urge people not to hike after 8 a.m. and to bring along plenty of drinking water.

The lake has nine developed areas, though the boat ramps at Las Vegas Bay, Government Wash and Overton Beach are closed due to low water levels. Las Vegas Boat Harbor, Callville Bay Resort and Temple Bar Resort & Marina have boat rentals, stores and restaurants.

The park has nine wilderness areas and numerous campgrounds dotting the shoreline, including some that back right up to the water.

Though most of the nearly seven million visitors to Lake Mead come during the summer, other times of year offer activities like hiking, biking, off-roading, camping and fishing.

The low water levels have revealed new beaches and coves, along with a few new sights, including the ruins of St. Thomas, an Old West town that previously had been submerged. Divers also can see the remnants of a B-29 Superfortress that crashed into the lake in 1948.

Online: nps.gov/lake/index.htm

TRAVEL NOTES FLYING PIGS, ARUBA RENO AND PASSPORT SAFETY

Jet-set pets

The Ark, a giant, privately owned airline animal terminal and transport facility, is set to open next year at New York's JFK airport. The multi-million-dollar, multi-purpose station is run in part by New York pet-service provider The Spot Experience, and will handle the import and export of horses, dogs, cats, birds, zoo animals and all kinds of livestock. Visit arkjfk.com.



The export horse stalls at The Ark. CONTRIBUTED

The other Palm Beach

The all-inclusive Riu Palace Aruba, on the white sands of the Dutch Caribbean island's Palm Beach, has just reopened after a \$32-million renovation. All rooms, restaurants, bars, pools and even the theatre have been made over. Other highlights include a casino, a golf course and a 24-hour sports bar. Visit riu.com.



The Riu Palace Aruba CONTRIBUTED

Passport tip

As a safety net in the event your passport goes AWOL, keep copies of it in your luggage. Stash one in your suitcase, one in your carry-on and even one in the sole of your sneakers, along with a jpg of it on your phone and on a cloud-based server. This may seem like overkill, but it makes replacing it so much simpler. Visit travel.gc.ca.

DOUG WALLACE



Keep a copy of your passport in a safe place. CONTRIBUTED

NOT A TOURIST | A letter from Kathy Buckworth in Dubai

City in the sand

Dubai is a land of extremes. Just hours before this photo was taken of me in the desert, I was downhill skiing and zip lining, indoors, at one of the world's most exclusive shopping malls.

The day before saw a river-boat ride to the souks (markets) full of gold, silk and spices. Those same spices make their way to cuisines from around the world, offered in upscale restaurants with gold-leaf martinis, or market stalls along the beachfront.

The extremes are no more pronounced than

when standing at the top of Burj Khalifa, the tallest building in the world, epitomizing their informal "Bigger. Larger. Taller." motto. More highs and lows, The Palms is the world's only man-made island visible from space, built out of sand from the depths of the Persian Gulf.

On the ground, The Palms is home to some of the wealthiest inhabitants of this city that has grown from 5,000 to 1.2 million in just 50 years, including 45,000 Canadians. I started this trip off right by flying Emirates Airline in business class, wetting my whistle in the onboard always-open standup cocktail lounge before exploring this unique and startling dry city in the sand.



ISTOCK; INSET: SUBMITTED

FROM PICNICS TO MYSTERY DINNERS

Fleeting eats: World's best pop-up dining experiences



ON THE MOVE
Loren Christie

Looking for a unique culinary adventure on your next vacation? From eating mystery meals while blindfolded to themed picnics, the pop-up dining craze is here. Cheapflights.ca shared their suggestions with me on fun, yet fleeting, foodie experiences.

London is a hotbed for culinary tourism. Street Feast runs through to the end of September and brings together 50 of London's best street-food vendors for an epic dining experience. Not only will there be enticing food, from tacos and BBQ to dosas and grilled cheese, but those simply looking for a tippie can hang their hat at one of the many pop-up bars, slinging everything from tequila to gin.

Downtown Calgary is inviting people to dine al fresco. Every other Wednesday from noon to 1 p.m. throughout the summer locals and visitors can experience Pop-Up Picnics. Each picnic has a different theme from a British garden party to circus and is held at different



TD's PopUp in Portland, Ore.
COURTESY THREE DEGREES TD'S POPUP

locations so you can go to all of them and never see or eat the same thing twice. Each picnic features a food vendor, live entertainment, games and picnic blankets.

Tacos? Check. Tequila? Also check. TD's PopUp in Portland, Ore., is an offshoot of the city's Three Degrees restaurant. The theme is simple: tacos and tequila served up on the banks of the Willamette River courtesy of Chef Thomas Dunklin. The tiny 10-seat counter-service pop-up runs along the waterfront until October from noon to 8 p.m.

Fans of ceviche might want to consider a trip to West Holly-

wood to the Mondrian Hotel to experience Chef Octavio Olivas' Ceviche Project running until Oct. 22. Monthly pop-up dinners are held at the hotel's Sky Bar; each one features five courses based around ceviche. The menu is dependent on what fresh fish the chef manages to find that day.

If you like your dinner with a side of mystery, check out Four Seasons Undercover, happening at several Four Seasons hotels throughout North America. At these dinners, guests are given no details about what to expect other than when to meet in the lobby. At the anointed meeting time, guests are blindfolded until it's time for the big reveal and they are presented with their one-of-a-kind dining experience.

EatWith isn't so much a traditional pop-up restaurant, but an off-the-cuff dining experience you won't get anywhere else. Chefs in cities around the world, vetted by EatWith, put together dinners based on whatever inspires them. Menus are listed online. Travellers simply search for menus in their destination city and find a meal that intrigues them, make a reservation and then sit down for a meal with their local host.



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Just a nibble for sweet dreams

Lots of people hit the fridge before they hit the hay.

Whether it's a bite or two of the leftover casserole or roast beef you had at dinner, a few slices of apple or a couple of crackers slathered in cream cheese, a bedtime snack can be a perfectly healthy way to end your day.

But it's important to choose your nighttime nibble carefully. For one

thing, make sure it's a snack and not a four-course meal.

"Eating too much food before bed may satisfy your hunger, but it can also cause stomach discomfort and rob you of sleep," says Dr. Andrew Weil, an author of 10 books about healthy

living. "Your digestive system slows down during sleep so your body may not be able to efficiently handle a hefty snack."

So keep it small.

"You could munch on some nuts, or have some whole-grain crackers with peanut butter or cheese for your snack," Weil says. "Because protein can be more difficult to digest, if you opt for a slice of chicken or turkey, keep your portion small."

And stay away from the cook-

ies. You don't want to be eating a bunch of sugar before bed as the subsequent sugar rush won't help you sleep. Neither will caffeine. So don't wash your snack down with tea, coffee or any other caffeinated beverage.

Instead, you might want to consider a glass of milk. But which kind? There are plenty of options in the grocery store. Cow's milk is fortified with vitamins and minerals and has a lot of protein, but it's not good for

people who are unable to digest lactose, the sugar that occurs naturally in milk.

Almond milk — made of ground-up almonds and water — is low on protein and fat, and most brands are fortified with vitamins and minerals. But the flavoured types can be high on sugar as can the "unflavoured" almond milk. So read the labels carefully.

Soy milk — made from soybeans — has plenty of protein plus an

omega-3 fatty acid, but flavoured soy milk contains a fair amount of sugar. Some brands are fortified with vitamins and minerals.

All those vitamins and minerals are important for your brain, which needs healthy fats, grains and plenty of fruits or vegetables to get you through the day and the night.

So for sweet dreams, make sure to choose a small and healthy bedtime snack.



SQUEEZE IN A HEALTHY BREAKFAST

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CO-OP

What you eat in the morning makes a difference in your day

They say it's the most important meal of the day, and that's why you want to start your day with a breakfast that's more than just a bowl of cereal.

"The ideal breakfast combines proteins, carbohydrates, and 'good' fats," says Dr. William Sears, a pediatrician and author.

There are many reasons why it's important to load up in the morning. A good breakfast will give your brain the fuel it needs and give you the energy you need to get through the day. And sharing a healthy meal with your family in the morning will help set up your kids for good eating habits for life, as well as for the rest of the day.

"Breakfast skippers are more likely to have poor eating habits throughout the rest of the day, eating more calories or less nutritious foods and giving in to junk food cravings," Sears says. "Research shows breakfast eaters generally make higher grades, pay closer attention and man-

age more complex academic problems than breakfast skippers."

Furthermore, he says, some children who don't eat breakfast can be "more emotionally vulnerable."

And, Sears says, "Children who eat high calcium foods for breakfast show enhanced behaviour and learning."

So what you eat in the morning makes a difference in your day. Boil or scramble some eggs. Spread peanut butter on a tortilla and roll it around a banana. Toast a bagel and top it with a slice of ham. Sears says it's also OK to have a slice of cold pizza as you head out the door.

Yogurt has long been a quick and delicious breakfast staple. And these days there

are more and more Greek yogurts lining the dairy shelves of your favourite supermarket. Greek yogurt packs a bigger protein punch than regular yogurt. In fact, in just six ounces, Greek yogurt has 17.3 grams of protein compared to 8.9 grams in regular yogurt. It's because Greek yogurt is more concentrated — it's strained to remove the liquid. Throw some in the blender with your favourite fruit and/or greens for a morning smoothie.

There are endless ways to make breakfast enticing. And if you really need your cereal, make sure you look for brands with more than two grams of fibre per serving on the label. And why not try arranging your cereal — or maybe some granola — in layers, with cut up fruit and yogurt to make a breakfast parfait.



IN BRIEF

**Blue Bombers scoop up
linebacker Simmons**

The Winnipeg Blue Bombers signed Jasper Simmons to their practice roster Thursday following the linebacker's dramatic exit from Calgary.

The Stampeders released Simmons on Tuesday after his agent went on a Twitter tirade to complain about Simmons' playing time. Simmons had just four tackles in four games this year.

That's a stark contrast to the 2014 season, when Simmons had 80 tackles and six interceptions and was named the Redblacks' most outstanding player and top defensive player.

THE CANADIAN PRESS

**Raptors sign Valanciunas
to \$64M extension**

The Toronto Raptors have signed centre Jonas Valanciunas to a multi-year contract extension.

The deal announced on Thursday is worth a reported \$64 million US. Valanciunas tweeted that the deal was for four years.

Valanciunas averaged a career-high 12.0 points last season, with team highs of 8.7 rebounds and 1.2 blocks. THE CANADIAN PRESS



Jonas Valanciunas
TORSTAR NEWS SERVICE

Josh Donaldson for AL MVP ... 'Who else?'

MLB

Third baseman has led Jays into playoff contention

Among the favoured expressions of Blue Jays' outfielder Jose Bautista is a kind of practiced incredulity. Suggest for instance that Mike Trout is the consensus frontrunner for American League MVP and you will be met with a sharp, quizzical glare.

"What?" he shot back at on Wednesday. "Says who?"

The notion that Trout, the Angels' 24-year-old centre-fielder, is the favourite to win his second MVP in as many years is a foreign one to Bautista. "I don't know where you're making that assertion from," he said. "I would be surprised if he was."

It's no surprise whom Bautista believes is most deserving of the title.

"Josh Donaldson," he said. "No doubt. Who else?"

For Bautista, not only is his teammate the frontrunner, he's the only one in the race.

"If the season ended today, he should be the MVP. There's no doubt in my mind. There shouldn't be a doubt in anybody's mind, no offence to any



Josh Donaldson and Mike Trout each had 33 home runs as of Thursday afternoon.

ROB CARR/GETTY IMAGES

other player."

With the Blue Jays opening a three-game series against the Angels this weekend, the MVP debate will be in the spotlight as Donaldson and Trout face off for the first time since May.

With all due respect to Bautista, it is a true, two-horse race. Donaldson and Trout have 33

6.7

**According to Fangraphs,
Trout has a wins above
replacement value of 6.7,
while Donaldson is at 6.6.**

home runs apiece and they are both hitting just a shade under .300. Trout has a higher on-base and slugging percentage, but Donaldson has scored and driven in more runs. According to various metrics, Donaldson has been the better defensive player this season, while Trout adds more value on the basepaths

and plays a tougher position.

"We could talk about Trout until we're blue in the face," said Jays centre-fielder Kevin Pillar. "We all know he's the best player in the world. What he does is incredible for how young he is and how talented he is. But you look at the bigger picture of what Josh has meant to this team and where this franchise is at for the first time in a long period of time, you've got to take that into consideration."

Do you? That's at the heart of the debate. What does "most valuable" mean? If the Jays win their division and the Angels don't, is Donaldson more deserving? No definition is given to the 30 baseball writers — two from each American League city — who vote on the award. For some, it's strictly a matter of individual achievement. It should be given to the league's most outstanding player, period, regardless of team performance. For others, a player's value is relative to his team.

"What defines an MVP? I guess it's if you take that guy out of the team it changes the complexion of the team," said Jays catcher Russell Martin. "Who has the biggest impact on their team? It's always going to be debatable. It's kind of hard to compare an outfielder to a third baseman."

TORSTAR NEWS SERVICE

TRACK AND FIELD

De Grasse off to face fastest men on planet

When Usain Bolt was sprinting to three gold medals at the 2008 Beijing Olympics, Andre De Grasse was 13 years old and dreaming of playing in the NBA. He grew up playing soccer and basketball. He could rattle off the names of the best players in the English Premier League. He loved Toronto Raptors star Vince Carter.

It's not that De Grasse didn't know who Bolt was, it's more that he didn't really care about the double world record-holder.

Things haven't changed much as the 20-year-old from Markham, Ont., gets ready to line up

this weekend against the best sprinters on the planet at the world track and field championships in Beijing.

"I don't think he's going to be rattled getting in the blocks against Tyson (Gay, a three-time world champion) or Bolt," says his Canadian coach Tony Sharpe. "He never talks about (Justin) Gatlin, Bolt, (Asafa) Powell. Never. Being a little naive about who's around you sometimes can't hurt. Takes

away some of that nervous pressure.

"But there's something beyond that with Andre in terms of competitiveness, that can't be ever coached or taught."

It's that inexplicable "something" that saw De Grasse win the 200 metres at the Pan American Games last month in Toronto, despite running out of Lane 8 and in his sixth race in three

days.

And while reaching the podium in Beijing might be a tall order for De Grasse, who's coming off a busy Pan Am schedule and a long NCAA season, Sharpe would never count out Canada's new face of sprinting who has rocketed up the world rankings since Sharpe spotted him as a Grade 12 student in a high school meet at York University. The 100-metre final is Sunday. De Grasse isn't running the 200 but will compete as part of Canada's 4x100 relay.

THE CANADIAN PRESS



Ontario native Andre De Grasse grew up dreaming of the NBA, but has made his mark on the track. EZRA SHAW/GETTY IMAGES



Usain Bolt
GETTY IMAGES

RECIPE Tex Mex Chicken and Corn Soup



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

A perfectly spiced Southwestern soup that's easy to make and is filling enough to be the main course. Serves 6.

Ready in

Prep time: 10 minutes

Cook time: 16 minutes

Ingredients

- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp minced garlic
- 1 cup chopped red bell pepper
- 1 corn cob (kernels cut off) or 1 cup canned and drained corn niblets
- 1 1/2 tsp chili powder
- 1/2 tsp cumin powder
- Salt and pepper
- 1 1/2 cups diced rotisserie or leftover chicken
- 1 cup canned, drained and rinsed black beans

- 1/2 cup diced tomato
- 4 cups chicken stock
- 3 Tbsp chopped cilantro
- 1/3 cup grated light Monterey Jack cheese or Old Cheddar

Directions

1. In large pot, heat oil and add onion. Sauté for three minutes. Add garlic, red pepper, corn, chili powder, cumin and salt and pepper and sauté for another three minutes.

2. Add chicken, beans, tomatoes and stock. Cover and simmer for 10 minutes. Garnish with cilantro and cheese.

Nutrition per serving

- Calories 216
- Protein 19 g
- Carbohydrates 18 g
- Fibre 3 g
- Total fat 7.5 g
- Saturated fat 2.5 g
- Cholesterol 10 mg
- Sodium 415 mg

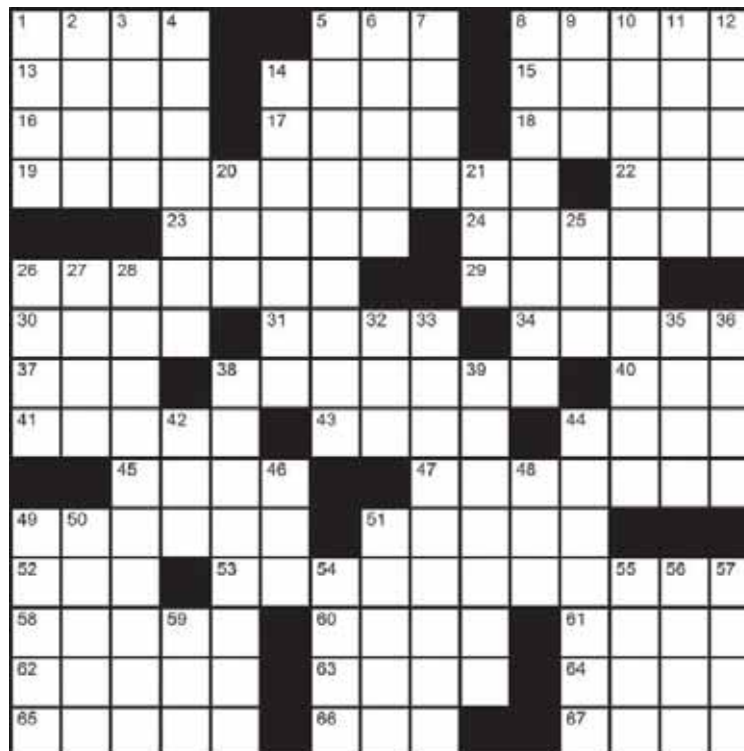
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Oliver of "Oliver!" (1968)
5. "Today" rival, commonly
8. Jazz improvisations
13. Old Rome's 156
14. Pool-playing props
15. Banish
16. Pack _ _ (Get ready to vacation)
17. Bubbly bar
18. Keepsake of yore
19. St. Ives product: 2 wds.
22. Tennis call
23. Smiler's pride
24. Those who have just had dental surgery might avoid eating them for a time
26. Winona Ryder's character in "Little Women" (1994): 2 wds.
29. Mr. Egoan
30. Oscar-winner Mr. Jannings
31. Frost
34. Spew
37. Down
38. Adorn with garlands
40. Tea: French
41. Slow garden dweller
43. Norse thunder god
44. Scottish slope
45. Miss White of fairytales
47. Church bell ringers
49. "Fantasy Island" character
51. Fibber _ and



- Molly (Old-time radio show)
- Lisa Loeb song: 2 wds.
- Canadian nutritionist known for her healthy recipes: 2 wds.
- Blue hue
60. Auth. unknown
61. Kingly address

62. Persist
63. Use the Xerox
64. Desire Under the _ (Eugene O'Neill play)
65. Bonfire remnants
66. Starring actress in "Titanic" (1997) ...her initials-sharers
67. Week parts

DOWN

1. Mil. fliers
2. British actor Idris
3. Leave a disaster area, for short
4. As per #26-Down... _ Correspondent
5. As per #26-Down... Regular _ _
6. Concert stuff fans would buy,

- fun-style
7. Ancient stringed instrument
8. Prohibited
9. Big Joe Mufferaw's tool
10. Metric length unit
11. Worked at, as a trade
12. Religious or-

- ders
14. Horse-drawn carriage in Old Montreal
20. _ Lingus
21. "Surfin' _ _ _" by The Beach Boys
25. Journal
26. Ms. Allen of CTV's "The Social" who is the show's #4-Down and #5-Down
27. Its capital is Muscat
28. Flair for fortune: 2 wds.
32. Sports fig.
33. Agriculture... Carrots and beets: 2 wds.
35. Dog breed, _-Pei
36. Casual tops
38. Workers laying down tile, perhaps
39. Mountain formation process
42. Chg. card percentage
44. Fortunate
46. Court
48. Floral souvenir
49. Headdress for Kate, Prince William's wife
50. Carpenter tools
51. Thompson Twins hit: "Hold _ _"
54. Potatoes holder
55. Ben Mulrooney's mom
56. Canadian _ (Military force)
57. Loch of legend
59. Blanche's portrayal on "The Golden Girls"

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

You may want to take some kind of gamble today but that might not be such a good idea. You are advised to remember that there are no easy routes to success: it takes hard work, stamina and common sense.

♉ Taurus April 21 - May 21

What you see and hear today may shock you but don't get upset or angry. Other people's actions may not be to your liking but there is not much you can do about it.

♊ Gemini May 22 - June 21

You may be tempted to start something over that is not going as well as expected but if you do it may never get done. Your best course of action is to plod on and hope for the best.

♋ Cancer June 22 - July 23

You have to decide whether or not to continue with a creative project. Think about how much effort you have already put into it. All that will be wasted if you give up now.

♌ Leo July 24 - Aug. 23

Someone feels you owe them and they are about to demand that you pay up in full. You must not let them pressure you into parting with cash. If you owe them a favour then you should pay back in kind.

♍ Virgo Aug. 24 - Sept. 23

It is likely that something or someone will delay or even halt your progress. It may be frustrating but there is not much you can do about it. Stay calm and don't lose your temper.

♎ Libra Sept. 24 - Oct. 23

You should be making plans that stretch well into the future — not weeks or months but decades. You need a vision, something to aim for, something to inspire you. The details can be sorted out later.

♏ Scorpio Oct. 24 - Nov. 22

Important decisions have to be made today. With the Sun at odds with Saturn in your sign you must get tough, both with others and with yourself.

♐ Sagittarius Nov. 23 - Dec. 21

Use your imagination and visualize what it is you most want to accomplish and what kind of person you most want to be. Don't let the critics and cynics hold you back. You can do anything!

♑ Capricorn Dec. 22 - Jan. 20

You have some pretty remarkable ideas buzzing around inside that big head of yours. Don't share them with people in positions of power. They may fear, rightly, that you are aiming to outshine them.

♒ Aquarius Jan. 21 - Feb. 19

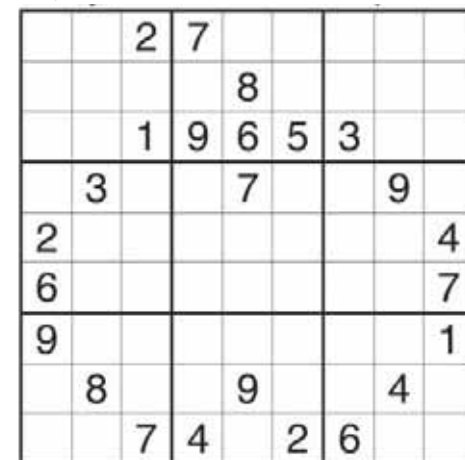
Say what you mean and mean what you say. Don't worry if certain people don't like it. There may be a backlash but you are big enough and tough enough to ride out the storm.

♓ Pisces Feb. 20 - March 20

Don't go over the top and make enemies of people who should be friends. You may be speaking the truth, but if you hurt others' feelings they will hurt you right back.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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God's love for us is unfathomable even as He said in His word, "Since you were precious in My sight, You have been honored, And I have loved you; Therefore I will give men for you, And people for your life." (Isaiah 43: 4 NKJV). This promise of God may elude you if you have not given your life to Christ. Why don't you take that bold step and surrender all to Jesus today?

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8 YEARS

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22 YEARS

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22 YEARS

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